



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# INDOOR POOL SCHEDULE

**HARRIS YMCA**

## Indoor Zero-Depth Play Pool

| Sunday               | Monday                        | Tuesday   | Wednesday                     | Thursday  | Friday             | Saturday   |
|----------------------|-------------------------------|---|-------------------------------|---|--------------------|--|
| Open<br>12:30-6:45pm | 5-9am Open<br>9AM-9PM<br>Open | 5-9am Open<br>9:00-11:30am<br>Swim Lessons<br>11:30am-9pm<br>Open | 5-9am Open<br>9AM-9PM<br>Open | 5-9am Open<br>9:00-11:30am<br>Swim Lessons<br>11:30am-9pm<br>Open | Open<br>5am-8:30pm | 7:30-9am Open<br>9am-12pm<br>Swim Lessons<br>12-6:45pm<br>Open |

## Indoor Multi-Purpose Pool

| Sunday                             | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday                        |
|------------------------------------|--|--|--|--|--|---------------------------------|
| 3 Lanes Open<br>12:30-6:45pm       | 2 Lanes Open<br>2 Lanes Lap<br>5-6:55am  | 2 Lanes Open<br>2 Lanes Lap<br>5-7:55am                              | 2 Lanes Open<br>2 Lanes Lap<br>5-6:55am  | 2 Lanes Open<br>2 Lanes Lap<br>5-7:55am  | 2 Lanes Open<br>2 Lanes Lap<br>5-7:55am  | 2 Lanes Lap<br>Swim<br>7:30-8am |
| 1 Lane Lap<br>Swim<br>12:30-6:45pm | Water Cardio<br>Fitness -Deep<br>7-8am<br><br>Water Stretch<br>8-9am<br><br>Water Cardio<br>Fitness -Deep<br>8-9am<br><br>Water Cardio<br>Fitness -Shallow<br>9-10am<br><br>Water Cardio<br>Fitness Light<br>10-11am<br><br>Water Cardio<br>Fitness -Shallow<br>11am-12pm<br><br>Water Arthritis<br>12-1pm | Water Cardio<br>Fitness -Deep<br>8-9am                               | Water Cardio<br>Fitness -Deep<br>7-8am<br><br>Water Stretch<br>8-9am<br><br>Water Cardio<br>Fitness -Deep<br>8-9am<br><br>Water Cardio<br>Fitness -Shallow<br>9-10am<br><br>Water Cardio<br>Fitness Light<br>10-11am<br><br>Water Cardio<br>Fitness -Shallow<br>11am-12pm<br><br>Water Arthritis<br>12-1pm | Water Cardio<br>Fitness -Deep<br>8-9am<br><br>Aqua Zumba<br>9-10am                                 | Water Stretch<br>8-9am<br><br>Water Cardio<br>Fitness -Deep<br>8-9am<br><br>Water Cardio<br>Fitness -Shallow<br>9-10am<br><br>Water Cardio<br>Fitness Light<br>10-11am<br><br>Water Cardio<br>Fitness -Shallow<br>11am-12pm<br><br>Water Arthritis<br>12-1pm | 8am-12pm<br>Swim Lessons        |
|                                    | 2 Lanes Open<br>2 Lanes Lap<br>1-3:10pm  | 2 Lanes<br>Swim Lessons<br>2 Lanes Lap<br>9-11:30am                  | 2 Lanes Open<br>2 Lanes Lap<br>1-3:10pm  | 2 Lanes<br>Swim Lessons<br>2 Lanes Lap<br>10-11:30am   | 2 Lanes Open<br>2 Lanes Lap<br>1-8:30pm  | 3 Lanes Open<br>12-6:45pm       |
|                                    | Swim Team<br>/Swim Lessons<br>3:15-7pm   | Water Exercise<br>Introduction<br>11:30am-12:30pm                    | Swim Team<br>/Swim Lessons<br>3:15-7pm   | Water Exercise<br>Introduction<br>11:30am-12:30pm  |  | 1 Lane Lap<br>Swim<br>12-6:45pm |
|                                    | Water Fitness<br>7-8pm   | 2 Lanes Open<br>2 Lanes Lap<br>12:30-3:25pm                          | Water Fitness<br>7-8pm   | 2 Lanes Open<br>2 Lanes Lap<br>12:30-3:25pm  |  |                                 |
|                                    | 2 Lanes Open<br>2 Lanes Lap<br>8-9pm   | Swim<br>Team/Lessons<br>3:30-7:15pm<br><br>Aqua Zumba<br>7:15-8:15pm | 2 Lanes Open<br>2 Lanes Lap<br>8-9pm   | Swim<br>Team/Lessons<br>3:30-7:15pm<br><br>Water Cardio<br>Fitness<br>Shallow /Deep<br>7:15-8:15pm |  |                                 |
|                                    |  | 2 Lanes Open<br>2 Lanes Lap<br>8:15-9pm                              |  | 2 Lanes Open<br>2 Lanes Lap<br>8:15-9pm  |  |                                 |

## Indoor Lap Pool

| Sunday                      | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday                                       |
|-----------------------------|--|---|---|---|--|--|
| 6 Lanes Lap<br>12:30-6:45pm | 6 Lanes Lap<br>5-9:45 am   | 6 Lanes Lap<br>5-6am                              | 6 Lanes Lap<br>5-5:30 am  | 6 Lanes Lap<br>5-6am                              | 6 Lanes Lap<br>5-9am                             | 5 Lanes Masters<br>1 Lane Lap<br>7:30-9am      |
|                             | 3 Lanes<br>Water Athletic<br>Conditioning<br>3 Lanes Lap<br>9:45-10:45am | 4 Lanes Masters<br>2 Lanes Lap<br>6-7am           | 2 Lanes Tri<br>Training<br>4 Lane Lap<br>5:30-6:30am                      | 4 Lanes Masters<br>2 Lanes Lap<br>6-7am           | 3 Lanes<br>Coached Swim<br>3 Lanes Lap<br>9-10am | 6 Lanes Lap<br>9-10:30am                       |
|                             | 6 Lanes Lap<br>10:45am-5:30pm  | 6 Lanes Lap<br>7am-5:30pm                         | 6 Lanes Lap<br>6:30-9:45am  | 6 Lanes Lap<br>7am-5:30pm                         | 6 Lanes Lap<br>10am-8:30pm                       | 1 Lane Lessons<br>5 Lanes Lap<br>10:30-11:10am |
|                             | 3 Lanes Swim<br>Team<br>3 Lanes Lap<br>5:30-7:30pm                       | 5 Lanes<br>Swim Team<br>1 Lane Lap<br>5:30-7:30pm | 3 Lanes<br>Water Athletic<br>Conditioning<br>3 Lanes Lap<br>9:45-10:45 am | 5 Lanes<br>Swim Team<br>1 Lane Lap<br>5:30-7:30pm |  | 6 Lanes Lap<br>11:10am-6:45pm                  |
|                             | 6 Lanes Lap<br>7:30-9:30pm   | 6 Lanes Lap<br>7:30-9:30pm                        | 6 Lanes Lap<br>10:45am-5:30pm   | 6 Lanes Lap<br>7:30-9:30pm                        |  |  |
|                             |  |   | 4 Lanes<br>Swim Team<br>2 Lanes Lap<br>5:30-7:30pm                        |   |  |  |
|                             |  |   | 6 Lanes Lap<br>7:30-9:30pm  |   |  |  |

### Lap Swimming Etiquette

1. Please circle swim in order to allow multiple swimmers to use the same lane.
2. Notify all swimmers in a lane of your presence before entering the water.
3. Choose a lane based on your swimming ability (Slow/Medium/Fast)
4. If you need to rest in between laps, please do so at the extreme corner of the lane.
5. Water jogging in lanes is only permitted when there are not multiple swimmers present.
6. Please follow the lifeguard's direction. We may need to move lanes in order to accommodate our schedule.

### Age Requirements

1. 0 to 9 years of age must have a parent/adult Guardian with them in the Aquatics Facility.
2. 10 to 12 years of age may use pools without a guardian IF they are a green band swimmer.
3. 13+ year olds may use the pools without a parent/guardian, even if they are not a green band swimmer.

### Pool Rules & Courtesies

1. Any Prolonged and/or repeated breath holding activities are strictly prohibited.
2. Absolutely NO DIVING of any type is allowed in the indoor pools. This includes recreational and competitive "racing" diving.
3. Showers must be taken before entering the pool.
4. Bathing suits are required. No gym shorts, cut-offs or street cloths are allowed.
5. No running or horseplay at anytime in or around the pool area.
6. Non-swimmers or children with flotation devices must be kept within arms reach of an adult at all times.
7. Inflatable devices are not permitted - i.e. no rafts, no water wings.
8. Kickboards, flotation belts and other instructional flotation devices are for swim classes and lap swimmers only.
9. Food and drink are allowed only in the designated snack area (*The Pool Cove*).
10. NO glass items are permitted anywhere in or around the pool area.
11. Young swimmers who are not toilet trained must wear appropriate swim diapers with elastic pants.

**Severe Weather:** The YMCA requires immediate closure of all pools – indoor and outdoor – in the event that lightening or thunder is present in or around the area. Pools will remain closed until 30 minutes past the last visible lightening strike or episode of thunder.

**Contamination:** In the event of bodily fluid contamination of the swimming pool, that pool will be evacuated and the appropriate measures taken. This type of event may cause a pool to remain closed up to 6 hours. In this event we will move scheduled programs and activities to the remaining pools.

### HARRIS YMCA

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YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.