



# INDOOR POOL SCHEDULE

## CHARLOTTE AVENUE YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAP SWIM L-6 6:00-8:30AM	LAP SWIM L-6 6:00-8:45AM	LAP SWIM L-6 6:00-8:30AM	LAP SWIM L-6 6:00-8:45AM	LAP SWIM L-6 6:00-8:30AM	*SWIM LESSONS 8:00 – 11:00AM
WATER WALKING 8:30-10:00 AM	WATER AEROBICS 9:00-10:00AM	WATER WALKING 8:30-10:00 AM	WATER ZUMBA 9:00-10:00AM	WATER WALKING 8:30-10:00AM	WATER AEROBICS & *SWIM LESSONS 9:00-10:00 AM
WATER AEROBICS 10:00-11:00 AM	WATER WALKING 10:00-11:00AM  WATER YOGA	WATER AEROBICS 10:00-11:00 AM	WATER WALKING 10:00 - 11:00AM	WATER AEROBICS 10:00 - 11:00AM	WATER WALKING & *SWIM LESSONS 10:00-11:00 AM
LAP SWIM L-6 11:00 - 2:00PM	LAP SWIM L-6 11:00 - 2:00PM	LAP SWIM L-6 11:00 - 2:00PM	LAP SWIM L-6 11:00 - 2:00PM	LAP SWIM L-6 11:00 - 2:00PM	LAP SWIM & *SWIM LESSONS 11:00 - 12:00PM L-2
SELF MOTIVATED 2:00 - 3:00PM ADULTS ONLY	SELF MOTIVATED 2:00 - 3:00PM ADULTS ONLY	SELF MOTIVATED 2:00 - 3:00PM ADULTS ONLY	SELF MOTIVATED 2:00 - 3:00PM ADULTS ONLY	SELF MOTIVATED 2:00 - 3:00PM ADULTS ONLY	<b>Saturday</b> FAMILY SWIM L-2 2:00 -5:00PM
OPEN SWIM L-2 3:00 - 5:00PM	OPEN SWIM L-2 3:00 - 5:00PM	OPEN SWIM L-2 3:00 - 5:00PM	OPEN SWIM L-2 3:00 - 5:00PM	OPEN SWIM L-2 3:00 - 5:00PM	
*SWIM LESSONS 4:00 - 7:00PM	*SWIM LESSONS 4:00 - 7:00PM	*SWIM LESSONS 4:00 - 7:00PM	*SWIM LESSONS 4:00 - 7:00PM	MAKE UP SWIM LESSONS 4:00 – 7:00PM	
WATER AEROBICS 6:00 – 7:00PM	WATER AEROBICS 6:00 -7:00 PM	WATER AEROBICS 6:00 – 7:00 PM	WATER AEROBICS 6:00-7:00 PM	WATER AEROBICS 6:00-7:00 PM	<b>Sunday</b> FAMILY SWIM L-2 2:00 -5:00PM
FAMILY SWIM L-2 7:00 - 8:00PM	FAMILY SWIM L-2 7:00 - 8:00PM	FAMILY SWIM L-2 7:00 - 8:00PM	FAMILY SWIM L-2 7:00 - 8:00PM	FAMILY SWIM L-2 7:00 - 8:00PM	

L-#: Indicates how many lap lanes will be available during that period of time.

**ATTENTION:** Children 13 and under must be accompanied by an adult at all times!

\*\*\*Please see Swim Lesson and Group Aerobics Schedule for details. \*\*Please note that Fridays are make-up days

**THE UPPER PALMETTO YMCA \* CHARLOTTE AVENUE BRANCH \* 402 CHARLOTTE AVE. \* 803.329.9622**

The YMCA reserves the right to change schedules, without notice, if necessary for swim lessons if needed, during open swim times.