



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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 - 9:00AM
WATER WALKING 8:30 - 10:00AM	WATER AEROBICS 9:00 - 10:00AM	WATER WALKING 8:30 - 10:00AM	WATER AEROBICS 9:00 - 10:00AM	WATER WALKING 8:30 - 10:00AM	WATER AEROBICS & *SWIM LESSONS 9:00 - 10:00AM
WATER AEROBICS 10:00 - 11:00AM	WATER WALKING/WATER YOGA 10:00 - 11:00AM	WATER AEROBICS 10:00 - 11:00AM	WATER WALKING/ WATER YOGA 10:00 - 11:00AM	WATER AEROBICS 10:00 - 11:00AM	WATER WALKING & *SWIM LESSONS 10:00 - 11:00AM
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 - NOON L-3 12:00 - 2:00PM L-6
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	
OPEN SWIM L-2 3:00 - 4:00PM	OPEN SWIM L-2 3:00 - 4:00PM	OPEN SWIM L-2 3:00 - 4:00PM	OPEN SWIM L-2 3:00 - 4:00PM	OPEN SWIM L-2 3:00 - 4:00PM	<b>Sat. &amp; Sun.</b> FAMILY SWIM L-2 2:00 - 5:00PM
*SWIM LESSONS SWIM TEAM 4:00 - 7:00PM	*SWIM LESSONS 4:00 - 7:00PM	*SWIM LESSONS SWIM TEAM 4:00 - 7:00PM	**SWIM LESSONS 4:00 - 7:00PM	OPEN SWIM L-2 3:00 - 6:00PM	
WATER AEROBICS 6:00 - 7:00PM	WATER AEROBICS 6:00 - 7:00PM	WATER AEROBICS 6:00 - 7:00PM	WATER AEROBICS 6:00 - 7:00PM	WATER AEROBICS 6:00 - 7:00PM	
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 12 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 for swim lessons if needed, during open swim times.

### Charlotte Avenue Branch YMCA

Branch Hours

Childwatch Hours

803.329.9622

Mon. – Fri. 5AM-9:30PM

M-F 8AM-Noon & 4PM-8PM

Jami Goins – Aquatics Coordinator – Ext. 229

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

The YMCA reserves the right to change this schedule, without notice, if necessary.

Sat. 7:30AM-6:00PM  
Sun. 1PM-6PM

Sat. 8AM-Noon

Pool Party Information & Booking – Ext. 222  
Pool Area - Ext. 240