



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE
November 13 to December 17
Pool Schedule Subject to Change based of Staff Availibility and Programs

		5:00AM	6:00AM	7:00AM	8:00AM	9:00AM	10:00AM	11:00AM	12:00PM	1:00PM	2:00PM	3:00PM	4:00PM	5:00PM	6:00PM	7:00PM	8:00PM		
SUNDAY	Lane 1	CLOSED									Family Swim 1:00p to 4:30p			CLOSED 4:30pm					
	Lane 2	CLOSED									Family Swim 1:00p to 4:30p			CLOSED 4:30pm					
	Lane 3	CLOSED									Family Swim 1:00p to 4:30p			CLOSED 4:30pm					
	Zero Depth	CLOSED									Family Swim 1:00p to 4:30p			CLOSED 4:30pm					
	Hot Tub	CLOSED									Family Swim 1:00p to 4:30p			CLOSED 4:30pm					
MONDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	CLOSED 8:30pm
	Lane 2	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
	Lane 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
	Hot Tub	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
TUESDAY	Lane 1	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Lane 2	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Lane 3	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Zero Depth	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Hot Tub	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
WEDNESDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	CLOSED 8:30pm
	Lane 2	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
	Lane 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
	Hot Tub	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Path to Wellenss 11:30a to 12:30p		Closed 1:00p to 3:00p			Cannon		Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p	
THURSDAY	Lane 1	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Lane 2	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Lane 3	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Zero Depth	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
	Hot Tub	Pool Closed 5:00a to 3:00p									Sailfish 4:20p to 7:20p			Water Exercise 7:30p to 8:15p		CLOSED 8:30pm			
FRIDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Closed 1:00p to 3:00p			Family Swim 3:00-5:15p		Sailfish 5:15-6:30	CLOSED 6:30pm				
	Lane 2	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Closed 1:00p to 3:00p			Family Swim 3:00-5:15p		Sailfish 5:15-6:30	CLOSED 6:30pm				
	Lane 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Closed 1:00p to 3:00p			Family Swim 3:00-5:15p		Sailfish 5:15-6:30	CLOSED 6:30pm				
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Closed 1:00p to 3:00p			Family Swim 3:00-5:15p		Sailfish 5:15-6:30	CLOSED 6:30pm				
	Hot Tub	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Closed 1:00p to 3:00p			Family Swim 3:00-5:15p		Sailfish 5:15-6:30	CLOSED 6:30pm				
SATURDAY	Lane 1	CLOSED			Swim Lessons 8:00a to 12:00p				Family Swim 12:00p to 3:30p			CLOSED 3:30pm							
	Lane 2	CLOSED			Swim Lessons 8:00a to 12:00p				Family Swim 12:00p to 3:30p			CLOSED 3:30pm							
	Lane 3	CLOSED			Swim Lessons 8:00a to 12:00p				Family Swim 12:00p to 3:30p			CLOSED 3:30pm							
	Zero Depth	CLOSED			Swim Lessons 8:00a to 12:00p				Family Swim 12:00p to 3:30p			CLOSED 3:30pm							
	Hot Tub	CLOSED			Swim Lessons 8:00a to 12:00p				Family Swim 12:00p to 3:30p			CLOSED 3:30pm							

= OPEN SWIM
 = WATER AEROBICS
 = SWIM LESSONS
 = DAY CAMP
 = SAILFISH

Lifeguards have final authority on all pool safety rules and lane changes. Please be mindful of special events that may alter this schedule.
Family Fun Pool temperature is set to 86-89 degrees per YMCA Safety Standards.