



WEST CABARRUS YMCA LAP POOL SCHEDULE

November 13- December 17

Pool Schedule Subject to Change based of Staff Availability and Programs

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	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								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
	Lane 2	CLOSED								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
	Lane 3	CLOSED								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
	Lane 4	CLOSED								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
	Lane 5	CLOSED								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
	Lane 6	CLOSED								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
	Lane 7	CLOSED								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
	Lane 8	CLOSED								Seekers 1:00 - 4:45p				CLOSED 4:45pm			
MONDAY	Lane 1	High School Swim Team 6:15-7:15a		Swim Lessons 8-10a					Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 2	High School Swim Team 6:15-7:15a		Swim Lessons 8-10a					Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 3	High School Swim Team 6:15-7:15a		Swim Lessons 8-10a					Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 4	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 5	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 6	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 7	Water Exercise							Pool Closed 1:00p to 3:00p				High School Swim Team 3:30-8:45pm				
	Lane 8	Water Exercise							Pool Closed 1:00p to 3:00p				High School Swim Team 3:30-8:45pm				
TUESDAY	Lane 1				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
	Lane 2				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
	Lane 3				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
	Lane 4				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
	Lane 5				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
	Lane 6				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
	Lane 7				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
	Lane 8				Pool Closed from 8:00a to 3:00p				Sailfish 3:00-5p		Highschool swim meet 5--close						
WEDNESDAY	Lane 1	High School Swim Team 6:15-7:15a							Pool Closed 1:00p to 3:00p				Sailfish 3:00p tp 8:45p				
	Lane 2	High School Swim Team 6:15-7:15a							Pool Closed 1:00p to 3:00p				Sailfish 3:00p tp 8:45p				
	Lane 3	High School Swim Team 6:15-7:15a							Pool Closed 1:00p to 3:00p				Sailfish 3:00p tp 8:45p				
	Lane 4	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00p tp 8:45p				
	Lane 5	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00p tp 8:45p				
	Lane 6	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00p tp 8:45p				
	Lane 7	Water Exercise							Pool Closed 1:00p to 3:00p				High School Swim Team 3:00p-8:45p				
	Lane 8	Water Exercise							Pool Closed 1:00p to 3:00p				High School Swim Team 3:00p-8:45p				
THURSDAY	Lane 1	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 2	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 3	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 4	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 5	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 6	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 7	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 8	High School Swim Team 6:15-7:15a							Pool Closed from 8:00a to 3:00p				Sailfish 3:00p to 8:45p				
FRIDAY	Lane 1	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
	Lane 2	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
	Lane 3	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
	Lane 4	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
	Lane 5	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
	Lane 6	Sailfish							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
	Lane 7	Water Exercise							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
	Lane 8	Water Exercise							Pool Closed 1:00p to 3:00p				Sailfish 3:00-5:00p		Swim Meet 5pm-close	CLOSED 6:45pm	
SATURDAY	Lane 1	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							
	Lane 2	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							
	Lane 3	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							
	Lane 4	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							
	Lane 5	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							
	Lane 6	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							
	Lane 7	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							
	Lane 8	CLOSED		Sailfish 8:00a to 1:00p				Swim Meet 1pm-close		CLOSED 3:45pm							

= LAP SWIM
 = WATER AEROBICS
 = SWIM LESSONS
 = SAILFISH
 = YBD SWIM TEAM
 = Swim team

Lifeguards have final authority on all pool safety rules and lane changes. Please be mindful of special events (posted on the pool deck).
Lap Pool temperature is set to 77-81 degrees per YMCA Safety Standards.