



**WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE**  
**January 28th - February 12th**  
*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	
<b>SUNDAY</b>	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				
	Slide	CLOSED									Family Swim 1:00p to 4:30p			CLOSED 4:30pm				
			CLOSED									Family Swim 1:00p to 4:30p			CLOSED 4:30pm			
<b>MONDAY</b>	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			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			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			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			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			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
		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			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
<b>TUESDAY</b>	Lane 1	Pool Closed 5:00a to 3:00p									Closed 1:00p 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									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
	Lane 3	Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
	Zero Depth	Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
	Hot Tub	Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
		Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
<b>WEDNESDAY</b>	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			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			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			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			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			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
		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			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
<b>THURSDAY</b>	Lane 1	Pool Closed 5:00a to 3:00p									Closed 1:00p 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									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
	Lane 3	Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
	Zero Depth	Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
	Hot Tub	Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
		Pool Closed 5:00a to 3:00p									Closed 1:00p to 3:00p			Sailfish 4:20p to 7:20p		Water Exercise 7:30p to 8:15p		
<b>FRIDAY</b>	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 to 6:30p			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 to 6:30p			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 to 6:30p			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 to 6:30p			CLOSED 6:30pm				
	Slide	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Closed 1:00p to 3:00p		Family Swim 3:00 to 6:30p			CLOSED 6:30pm				
		Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:20a				Closed 1:00p to 3:00p		Family Swim 3:00 to 6:30p			CLOSED 6:30pm				
<b>SATURDAY</b>	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						
		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.**