



WEST CABARRUS YMCA LAP POOL SCHEDULE

January 28th - February 12th

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 to 4:45p				CLOSED 4:45pm						
	Lane 2	CLOSED								Sailfish				CLOSED 4:45pm						
	Lane 3	CLOSED												CLOSED 4:45pm						
	Lane 4	CLOSED												CLOSED 4:45pm						
	Lane 5	CLOSED												CLOSED 4:45pm						
	Lane 6	CLOSED												CLOSED 4:45pm						
	Lane 7	CLOSED								Boyscouts 1:00-4:45p				CLOSED 4:45pm						
	Lane 8	CLOSED												CLOSED 4:45pm						
MONDAY	Lane 1	High School Swim Team 6:15-7:15a										Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 2	Sailfish										Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 3											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 4											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 5											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 6											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 7	Water Exercise											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p			
	Lane 8												Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p			
TUESDAY	Lane 1											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 2											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 3											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 4											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 5											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 6											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 7											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
	Lane 8											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 8:45p				
WEDNESDAY	Lane 1	High School Swim Team 6:15-7:15a										Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 2	Sailfish										Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 3											Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 4											Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 5											Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 6											Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 7	Water Exercise											Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p			
	Lane 8												Pool Closed 1:00p to 3:00p				Sailfish 3:00p to 8:45p			
THURSDAY	Lane 1	High School Swim Team 6:15-7:15a										Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 2	Sailfish										Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 3											Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 4											Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 5											Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 6											Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 7											Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
	Lane 8											Pool Closed 1:00 to 3:00p				Sailfish 3:00p to 8:45p				
FRIDAY	Lane 1	Sailfish										Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p				
	Lane 2											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p				
	Lane 3											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p				
	Lane 4											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p				
	Lane 5											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p				
	Lane 6											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p				
	Lane 7	Water Exercise											Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p			
	Lane 8												Pool Closed 1:00p to 3:00p				Sailfish 3:00 to 6:45p			
SATURDAY	Lane 1	CLOSED			Sailfish 8:00a to 1:00p								Closed 3:45p							
	Lane 2												Closed 3:45p							
	Lane 3												Closed 3:45p							
	Lane 4												Closed 3:45p							
	Lane 5												Closed 3:45p							
	Lane 6												Closed 3:45p							
	Lane 7												Closed 3:45p							
	Lane 8												Closed 3:45p							

= LAP SWIM
 = WATER AEROBICS
 = SWIM LESSONS
 = SAILFISH
 = YBD SWIM TEAM
 = SWIM TEAM
 = SEEKERS

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.