



# WEST CABARRUS YMCA LAP POOL SCHEDULE

March 15- March 31st

*Pool Schedule Subject to Change based of Staff Availibility 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									Sailfish							
	Lane 3																
	Lane 4																
	Lane 5	CLOSED								Boyscouts 1:00-4:45p							
	Lane 6																
	Lane 7																
	Lane 8																
MONDAY	Lane 1		Sailfish							Pool Closed 1:00p to 3:00p				CLOSED 8:45pm			
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6	Water Exercise															
	Lane 7																
	Lane 8																
TUESDAY	Lane 1									Pool Closed 1:00p to 3:00p				CLOSED 8:45pm			
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6					Navy											
	Lane 7												Special Olympics 5:30-7:30p				
	Lane 8																
WEDNESDAY	Lane 1		Sailfish							Pool Closed 1:00p to 3:00p				CLOSED 8:45pm			
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7	Water Exercise															
	Lane 8																
THURSDAY	Lane 1									Pool Closed 1:00 to 3:00p				CLOSED 8:45pm			
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7																
	Lane 8																
FRIDAY	Lane 1		Sailfish							Pool Closed 1:00p to 3:00p				CLOSED 6:45pm			
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7	Water Exercise															
	Lane 8																
SATURDAY	Lane 1	CLOSED											Closed 3:45p				
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5	CLOSED											Closed 3:45p				
	Lane 6																
	Lane 7																
	Lane 8																

= LAP SWIM    = WATER AEROBICS    = NAVY    = SAILFISH    = YBD SWIM TEAM    = SPECIAL OLYMPICS    = 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.