



WEST CABARRUS YMCA LAP POOL SCHEDULE

April 1st – May 6th

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

= 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.