



WEST CABARRUS YMCA LAP POOL SCHEDULE

May 6 - May 26

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
SUNDAY	CLOSED								Seekers 1:00 to 4:45p Sailfish Boyscouts 1:00-4:45p				CLOSED 4:45pm			
MONDAY	Sailfish		Water Exercise					Pool Closed 1:00p to 3:00p			Sailfish 3:00 to 8:45p YMCA Blue Dolphins 5:30 to 8:30p				CLOSED 8:45pm	
TUESDAY	Water Exercise						Navy		Pool Closed 1:00p to 3:00p			Sailfish 3:00 to 8:45p YMCA Blue Dolphins 5:30 to 8:45p				CLOSED 8:45pm
WEDNESDAY	Sailfish		Water Exercise					Pool Closed 1:00p to 3:00p			Sailfish 3:00 to 8:45p YMCA Blue Dolphins 5:30 to 8:45p				CLOSED 8:45pm	
THURSDAY	Water Exercise						Pool Closed 1:00 to 3:00p			Sailfish 3:00 to 8:45p YMCA Blue Dolphins 5:30 tp 8:45p				CLOSED 8:45pm		
FRIDAY	Sailfish		Water Exercise					Pool Closed 1:00p to 3:00p			Sailfish 3:00 to 6:45p			CLOSED 6:45pm		
SATURDAY	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.