



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

November 10th - November 23rd

Pool Schedule Subject to Change Based on 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	FACILITY CLOSED								Open Swim 1:00p to 4:30p			CLOSED 4:30p					
	Lane 2	FACILITY CLOSED								CLOSED			CLOSED 4:30p					
	Lane 3	FACILITY CLOSED								OPEN 1:00p to 4:30p			CLOSED 4:30p					
	Zero Depth	FACILITY CLOSED								OPEN 1:00p to 4:30p			CLOSED 4:30p					
	Slide	FACILITY CLOSED								OPEN 1:00p to 4:30p			CLOSED 4:30p					
	Whirlpool	FACILITY CLOSED								OPEN 1:00p to 4:30p			CLOSED 4:30p					
	Sauna	FACILITY CLOSED								OPEN 1:00p to 4:30p			CLOSED 4:30p					
	Steam Room	FACILITY CLOSED								OPEN 1:00p to 4:30p			CLOSED 4:30p					
MONDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Lane 2	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Lane 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Whirlpool	OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Sauna	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
TUESDAY	Lane 1	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
	Lane 2	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
	Lane 3	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
	Zero Depth	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
	Whirlpool	OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
	Sauna	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p	
WEDNESDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Lane 2	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Lane 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Path to Wellness 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Whirlpool	OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Sauna	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:20p to 7:30p		High School Swim	CLOSED 8:30p	
THURSDAY	Lane 1	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
	Lane 2	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
	Lane 3	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
	Zero Depth	Closed 5:00a to 3:00p								CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
	Whirlpool	OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
	Sauna	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p		High School Swim	CLOSED 8:30p	
FRIDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
	Lane 2	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
	Lane 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 11:30a			Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
	Slide	CLOSED			CLOSED			CLOSED		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
	Whirlpool	OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p			OPEN 8:00a to 1:00p		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
	Sauna	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
	Steam Room	OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p			OPEN 5:00a to 1:00p		CLOSED 1:00p to 3:00p			Sailfish 3:00p to 7:00p			CLOSED 6:30p		
SATURDAY	Lane 1	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Water Exercise 12:00p to 1:15p		Open Swim 2:15p to 3:30p			CLOSED 3:30p					
	Lane 2	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Water Exercise 12:00p to 1:15p		Open Swim 2:15p to 3:30p			CLOSED 3:30p					
	Lane 3	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Water Exercise 12:00p to 1:15p		Open Swim 2:15p to 3:30p			CLOSED 3:30p					
	Zero Depth	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Water Exercise 12:00p to 1:15p		Open Swim 2:15p to 3:30p			CLOSED 3:30p					
	Slide	CLOSED			CLOSED			CLOSED		CLOSED 1:00p to 3:00p			CLOSED 3:30p					
	Whirlpool	OPEN 8:00a to 3:30p			OPEN 8:00a to 3:30p			OPEN 8:00a to 3:30p		OPEN 8:00a to 3:30p			CLOSED 3:30p					
	Sauna	OPEN 8:00a to 3:30p			OPEN 8:00a to 3:30p			OPEN 8:00a to 3:30p		OPEN 8:00a to 3:30p			CLOSED 3:30p					
	Steam Room	OPEN 8:00a to 3:30p			OPEN 8:00a to 3:30p			OPEN 8:00a to 3:30p		OPEN 8:00a to 3:30p			CLOSED 3:30p					

= OPEN SWIM
 = WATER AEROBICS
 = SWIM LESSONS
 = High School Swim
 = SAILFISH
 = STEAM/ SAUNA/ WHIRLPOOL

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.