



**WEST CABARRUS YMCA LAP 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				
<b>SUNDAY</b>	Lane 1	FACILITY CLOSED								Seakers 1:00p to 4:45p				CLOSED 4:45p						
	Lane 2	FACILITY CLOSED								Sailfish 1:00p to 4:45p				CLOSED 4:45p						
	Lane 3	FACILITY CLOSED								Sailfish 1:00p to 4:45p				CLOSED 4:45p						
	Lane 4	FACILITY CLOSED								Sailfish 1:00p to 4:45p				CLOSED 4:45p						
	Lane 5	FACILITY CLOSED								Sailfish 1:00p to 4:45p				CLOSED 4:45p						
	Lane 6	FACILITY CLOSED								Sailfish 1:00p to 4:45p				CLOSED 4:45p						
	Lane 7	FACILITY CLOSED								Sailfish 1:00p to 4:45p				CLOSED 4:45p						
	Lane 8	FACILITY CLOSED								Sailfish 1:00p to 4:45p				CLOSED 4:45p						
<b>MONDAY</b>	Lane 1	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p				CLOSED 8:45p				
	Lane 2	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 3	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 4	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 5	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 6	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 7	Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 8	Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
<b>TUESDAY</b>	Lane 1	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 8:45p
	Lane 2	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				
	Lane 3	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				
	Lane 4	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				
	Lane 5	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				
	Lane 6	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				
	Lane 7	Water Exercise 7:00a to 8:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				
	Lane 8	Water Exercise 7:00a to 8:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				
<b>WEDNESDAY</b>	Lane 1	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p				CLOSED 8:45p				
	Lane 2	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 3	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 4	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 5	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 6	High School Swim 6:00a to 7:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 7	Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
	Lane 8	Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 9:00p								
<b>THURSDAY</b>	Lane 1	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p				CLOSED 8:45p		
	Lane 2	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p						
	Lane 3	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p						
	Lane 4	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p						
	Lane 5	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p						
	Lane 6	High School Swim 6:00a to 7:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p						
	Lane 7	Water Exercise 7:00a to 8:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p						
	Lane 8	Water Exercise 7:00a to 8:00a		Navy 7:00p to 8:00a		CLOSED 1:00p to 3:00p								Sailfish 3:00p to 9:00p						
<b>FRIDAY</b>	Lane 1	CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p				
	Lane 2	CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p				
	Lane 3	CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p				
	Lane 4	CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p				
	Lane 5	CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p				
	Lane 6	CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p				
	Lane 7	Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p		
	Lane 8	Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 4:00p		CLOSED for High School Swim Meet				CLOSED 6:45p		
<b>SATURDAY</b>	Lane 1	FACILITY CLOSED				Sailfish 8:00a to 1:00p				Water Exercise 1:00p to 2:15p				CLOSED 3:45p						
	Lane 2	FACILITY CLOSED				Sailfish 8:00a to 1:00p				Water Exercise 1:00p to 2:15p				CLOSED 3:45p						
	Lane 3	FACILITY CLOSED				Sailfish 8:00a to 1:00p				Water Exercise 1:00p to 2:15p				CLOSED 3:45p						
	Lane 4	FACILITY CLOSED				Sailfish 8:00a to 1:00p				Water Exercise 1:00p to 2:15p				CLOSED 3:45p						
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	Lane 6	FACILITY CLOSED				Sailfish 8:00a to 1:00p				Water Exercise 1:00p to 2:15p				CLOSED 3:45p						
	Lane 7	FACILITY CLOSED				Sailfish 8:00a to 1:00p				Water Exercise 1:00p to 2:15p				CLOSED 3:45p						
	Lane 8	FACILITY CLOSED				Sailfish 8:00a to 1:00p				Water Exercise 1:00p to 2:15p				CLOSED 3:45p						

= LAP SWIM   
  = WATER AEROBICS   
  = NAVY   
  = SAILFISH   
  = YBD SWIM TEAM   
  = HIGH SCHOOL SWIM   
  = SEAKERS

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 77-79 degrees per YMCA Safety Standards.