



# WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

December 15th - December 21st

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									Open Swim 1:00p to 4:30p			CLOSED 4:30p				
	Lane 2	FACILITY CLOSED									CLOSED			CLOSED 4:30p				
	Lane 3	FACILITY CLOSED									CLOSED			CLOSED 4:30p				
	Zero Depth	FACILITY CLOSED									CLOSED			CLOSED 4:30p				
	Slide	FACILITY CLOSED									CLOSED			CLOSED 4:30p				
	Whirlpool	FACILITY CLOSED									CLOSED			CLOSED 4:30p				
	Sauna	FACILITY CLOSED									CLOSED			CLOSED 4:30p				
	Steam Room	FACILITY CLOSED									OPEN 1:00p to 4:30p			CLOSED 4:30p				
<b>MONDAY</b>	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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	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 4:00p to 7:30p			Water Exercise 7:30p to 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 4:00p to 7:30p			Water Exercise 7:30p to 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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Whirlpool	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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Sauna	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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Steam Room	OPEN 5:00a to 1:00p				OPEN 8:00a to 1:00p			CLOSED 1:00p to 3:00p	CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Steam Room	OPEN 5:00a to 1:00p				OPEN 8:00a to 1:00p			CLOSED 1:00p to 3:00p	CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
<b>TUESDAY</b>	Lane 1	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Open Swim 7:30p to 8:30p	CLOSED 8:30p
	Lane 2	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Open Swim 7:30p to 8:30p	
	Lane 3	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Open Swim 7:30p to 8:30p	
	Zero Depth	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Open Swim 7:30p to 8:30p	
	Whirlpool	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Open Swim 7:30p to 8:30p	
	Sauna	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Open Swim 7:30p to 8:30p	
	Steam Room	OPEN 5:00a 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			Open Swim 7:30p to 8:30p	
	Steam Room	OPEN 5:00a 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			Open Swim 7:30p to 8:30p	
<b>WEDNESDAY</b>	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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	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 4:00p to 7:30p			Water Exercise 7:30p to 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 4:00p to 7:30p			Water Exercise 7:30p to 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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Whirlpool	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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Sauna	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 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Steam Room	OPEN 5:00a to 1:00p				OPEN 8:00a to 1:00p			CLOSED 1:00p to 3:00p	CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Steam Room	OPEN 5:00a to 1:00p				OPEN 8:00a to 1:00p			CLOSED 1:00p to 3:00p	CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:30p			Water Exercise 7:30p to 8:30p	
<b>THURSDAY</b>	Lane 1	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Water Exercise 7:30p to 8:30p	CLOSED 8:30p
	Lane 2	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Lane 3	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Zero Depth	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Whirlpool	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Sauna	Closed 5:00a to 8:00a				Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p			Open Swim 3:00p to 5:00p	Sailfish 5:00p to 7:30p			Water Exercise 7:30p to 8:30p	
	Steam Room	OPEN 5:00a 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			Water Exercise 7:30p to 8:30p	
	Steam Room	OPEN 5:00a 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			Water Exercise 7:30p to 8:30p	
<b>FRIDAY</b>	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			Open Swim 3:00p to 4:00p	Sailfish 4:00p 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			Open Swim 3:00p to 4:00p	Sailfish 4:00p 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			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:00p			CLOSED 6:30p	
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	Slide	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			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:00p			CLOSED 6:30p	
	Whirlpool	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			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:00p			CLOSED 6:30p	
	Sauna	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			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:00p			CLOSED 6:30p	
	Steam Room	OPEN 5:00a to 1:00p				OPEN 8:00a to 1:00p			CLOSED 1:00p to 3:00p	CLOSED 1:00p to 3:00p			Open Swim 3:00p to 4:00p	Sailfish 4:00p to 7:00p			CLOSED 6:30p	
<b>SATURDAY</b>	Lane 1	FACILITY CLOSED				Swim Lessons 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Lane 2	FACILITY CLOSED				Open Swim 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Lane 3	FACILITY CLOSED				Open Swim 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Zero Depth	FACILITY CLOSED				Open Swim 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Slide	FACILITY CLOSED				Open Swim 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Whirlpool	FACILITY CLOSED				Open Swim 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Sauna	FACILITY CLOSED				Open Swim 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Steam Room	FACILITY CLOSED				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.