



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