



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

January 12th - January 18th

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									CLOSED			CLOSED 4:30p					
	Zero Depth	FACILITY CLOSED									CLOSED			CLOSED 4:30p					
	Slide	FACILITY CLOSED									CLOSED			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				Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p 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				Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p 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				Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p 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				Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	
	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			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	
	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			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	
	Steam Room	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			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	
	Steam Room	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			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	
TUESDAY	Lane 1	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p		CLOSED 8:30p		
	Lane 2	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p				
	Lane 3	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p				
	Zero Depth	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p				
	Whirlpool	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p				
	Sauna	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p				
	Steam Room	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p				
	Steam Room	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Sailfish 7:30p to 8:30p				
WEDNESDAY	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			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p 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				Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p 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				Open Swim 11:30a to 1:00p		CLOSED 1:00p to 3:00p			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	
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	Steam Room	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			Path to Wellness 3:00p to 4:00p		Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	
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THURSDAY	Lane 1	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p		CLOSED 8:30p		
	Lane 2	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p				
	Lane 3	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p				
	Zero Depth	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p				
	Whirlpool	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p				
	Sauna	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p				
	Steam Room	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p				
	Steam Room	Closed 5:00a to 3:00p									Open Swim 3:00p to 5:00p		Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 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			Open Swim 3:00p to 5:00p		Sailfish 5:00p 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 5:00p		Sailfish 5:00p 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 5:00p		Sailfish 5:00p to 7:00p	CLOSED 6:30p		
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SATURDAY	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			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p to 3:30p				CLOSED 3:30p						
	Lane 3	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p to 3:30p				CLOSED 3:30p						
	Zero Depth	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p to 3:30p				CLOSED 3:30p						
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	Steam Room	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p 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.