



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