



**WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE**

February 16th - February 22nd

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