



WEST CABARRUS YMCA LAP 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		
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												CLOSED 4:45p				
	Lane 4	FACILITY CLOSED												CLOSED 4:45p				
	Lane 5	FACILITY CLOSED												CLOSED 4:45p				
	Lane 6	FACILITY CLOSED												CLOSED 4:45p				
	Lane 7	FACILITY CLOSED												CLOSED 4:45p				
	Lane 8	FACILITY CLOSED												CLOSED 4:45p				
MONDAY	Lane 1				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 3				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 4				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 5				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 6				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 7		Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 8		Water Exercise 6:00a to 8:00a		CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
TUESDAY	Lane 1			Navy 7:00p to 8:00a													CLOSED 8:45p	
	Lane 2			Navy 7:00p to 8:00a														
	Lane 3																	
	Lane 4																	
	Lane 5																	
	Lane 6																	
	Lane 7																	
	Lane 8																	
WEDNESDAY	Lane 1				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 3				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 4				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 5				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 6				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 7				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
	Lane 8				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 8:45p					
THURSDAY	Lane 1				Seakers 8:00a to 1:00p													CLOSED 8:45p
	Lane 2				Seakers 8:00a to 1:00p													
	Lane 3				Seakers 8:00a to 1:00p													
	Lane 4				Seakers 8:00a to 1:00p													
	Lane 5				Seakers 8:00a to 1:00p													
	Lane 6				Seakers 8:00a to 1:00p													
	Lane 7																	
	Lane 8																	
FRIDAY	Lane 1				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 6:45p				CLOSED 6:45p	
	Lane 2				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 6:45p					
	Lane 3				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 6:45p					
	Lane 4				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 6:45p					
	Lane 5				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 6:45p					
	Lane 6				CLOSED 8:00a to 3:00p								Sailfish 3:00p to 6:45p					
	Lane 7				CLOSED 8:00a to 3:00p								Lifeguarding Class 3:00p to 6:45p					
	Lane 8				CLOSED 8:00a to 3:00p								Lifeguarding Class 3:00p to 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			Lifeguarding Class 8:00a to 1:00p								CLOSED 3:45p					
	Lane 8	FACILITY CLOSED			Lifeguarding Class 8:00a to 1:00p								CLOSED 3:45p					

= LAP SWIM
 = WATER AEROBICS
 = NAVY
 = SAILFISH
 = YBD SWIM TEAM
 = LIFEGUARDING CLASS
 = 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.