



**WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE**  
**March 23rd - March 29th**  
*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								CLOSED		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	Swim Lessons 4:00p 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	Swim Lessons 4:00p 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	Swim Lessons 4:00p 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	Swim Lessons 4:00p 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	Swim Lessons 4:00p 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	Swim Lessons 4:00p 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	Swim Lessons 4:00p 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	Swim Lessons 4:00p to 7:30p			Water Exercise 7:30p to 8:30p		
<b>TUESDAY</b>	Lane 1	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p	CLOSED 8:30p			
	Lane 2	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p				
	Lane 3	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p				
	Zero Depth	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p				
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	Steam Room	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p				
	Steam Room	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p 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	Swim Lessons 4:00p 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	Swim Lessons 4:00p to 7:30p			Open Swim 7:30p to 8:30p		
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<b>THURSDAY</b>	Lane 1	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p	CLOSED 8:30p			
	Lane 2	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p				
	Lane 3	Closed 5:00a to 8:00a		Open Swim 8:00a to 1:00p				CLOSED 1:00p to 3:00p		Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p				
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<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			
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<b>SATURDAY</b>	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							
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	Slide	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.