



WEST CABARRUS YMCA LAP 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	
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 1:00p to 3:00p			CLOSED 8:45p				
	Lane 2									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 3									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 4									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 5									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 6									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 7	Water Exercise 6:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 8	Water Exercise 6:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 8:45p				
TUESDAY	Lane 1									CLOSED 1:00p to 3:00p			Sailfish 4:00p to 6:00p		CLOSED 8:45p		
	Lane 2									CLOSED 1:00p to 3:00p			Sailfish 4:00p to 6:00p		CLOSED 8:45p		
	Lane 3									CLOSED 1:00p to 3:00p			Sailfish 4:00p to 6:00p		CLOSED 8:45p		
	Lane 4									CLOSED 1:00p to 3:00p			Sailfish 4:00p to 6:00p		CLOSED 8:45p		
	Lane 5									CLOSED 1:00p to 3:00p			Sailfish 4:00p to 6:00p		CLOSED 8:45p		
	Lane 6									CLOSED 1:00p to 3:00p			Sailfish 4:00p to 6:00p		CLOSED 8:45p		
	Lane 7	Water Exercise 7:00a to 8:00a								CLOSED 1:00p to 3:00p			Special Olympics 5:30p to 7:00p		CLOSED 8:45p		
	Lane 8	Water Exercise 7:00a to 8:00a								CLOSED 1:00p to 3:00p			Special Olympics 5:30p to 7:00p		CLOSED 8:45p		
WEDNESDAY	Lane 1									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 2									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 3									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 4									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 5									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 6									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 7	Water Exercise 6:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 8	Water Exercise 6:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 8:45p				
THURSDAY	Lane 1									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 2									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 3									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 4									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 5									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 6									CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 7	Water Exercise 7:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 8:45p				
	Lane 8	Water Exercise 7:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 8:45p				
FRIDAY	Lane 1									CLOSED 1:00p to 3:00p			CLOSED 6:45p				
	Lane 2									CLOSED 1:00p to 3:00p			CLOSED 6:45p				
	Lane 3									CLOSED 1:00p to 3:00p			CLOSED 6:45p				
	Lane 4									CLOSED 1:00p to 3:00p			CLOSED 6:45p				
	Lane 5									CLOSED 1:00p to 3:00p			CLOSED 6:45p				
	Lane 6									CLOSED 1:00p to 3:00p			CLOSED 6:45p				
	Lane 7	Water Exercise 6:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 6:45p				
	Lane 8	Water Exercise 6:00a to 8:00a								CLOSED 1:00p to 3:00p			CLOSED 6:45p				
SATURDAY	Lane 1	FACILITY CLOSED								CLOSED 3:45p							
	Lane 2	FACILITY CLOSED								CLOSED 3:45p							
	Lane 3	FACILITY CLOSED								CLOSED 3:45p							
	Lane 4	FACILITY CLOSED								CLOSED 3:45p							
	Lane 5	FACILITY CLOSED								CLOSED 3:45p							
	Lane 6	FACILITY CLOSED								CLOSED 3:45p							
	Lane 7	FACILITY CLOSED								CLOSED 3:45p							
	Lane 8	FACILITY CLOSED								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.