



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

April 13th - April 19th

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										Open Swim 1:00p to 4:30p		CLOSED 4:30p				
	Lane 2	FACILITY CLOSED										OPEN 1:00p to 4:30p		CLOSED 4:30p				
	Lane 3	FACILITY CLOSED										OPEN 1:00p to 4:30p		CLOSED 4:30p				
	Zero Depth	FACILITY CLOSED										OPEN 1:00p to 4:30p		CLOSED 4:30p				
	Slide	FACILITY CLOSED										OPEN 1:00p to 4:30p		CLOSED 4:30p				
	Whirlpool	FACILITY CLOSED										OPEN 1:00p to 4:30p		CLOSED 4:30p				
	Sauna	FACILITY CLOSED										OPEN 1:00p to 4:30p		CLOSED 4:30p				
	Steam Room	FACILITY CLOSED										OPEN 1:00p to 4:30p		CLOSED 4:30p				
MONDAY	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	CLOSED 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	CLOSED 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	CLOSED 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	CLOSED 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	CLOSED 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	Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 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	Sailfish Academy 4:20p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p	
TUESDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Whirlpool	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Sauna	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Steam Room	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Steam Room	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
WEDNESDAY	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	CLOSED 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	CLOSED 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	CLOSED 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	CLOSED 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	CLOSED 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	Sailfish Academy 4:20p to 7:30p		Open Swim 7:30p to 8:30p	CLOSED 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	Sailfish Academy 4:20p to 7:30p		Open Swim 7:30p to 8:30p	CLOSED 8:30p	
THURSDAY	Lane 1	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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 3	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Zero Depth	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Whirlpool	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Sauna	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Steam Room	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
	Steam Room	Closed 5:00a to 8:00a			Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p				CLOSED 1:00p 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		
FRIDAY	Lane 1	YMCA CLOSED FOR GOOD FRIDAY																
	Lane 2	YMCA CLOSED FOR GOOD FRIDAY																
	Lane 3	YMCA CLOSED FOR GOOD FRIDAY																
	Zero Depth	YMCA CLOSED FOR GOOD FRIDAY																
	Slide	YMCA CLOSED FOR GOOD FRIDAY																
	Whirlpool	YMCA CLOSED FOR GOOD FRIDAY																
	Sauna	YMCA CLOSED FOR GOOD FRIDAY																
	Steam Room	YMCA CLOSED FOR GOOD FRIDAY																
SATURDAY	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					
	Lane 3	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p to 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					
	Slide	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p to 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					
	Sauna	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p to 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					

= 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.