



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

= 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.