



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

May 18th – May 24th

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																			
	Lane 3																			
	Zero Depth																			
	Slide											OPEN 1:00p to 4:30p								
	Whirlpool											OPEN 1:00p to 4:30p								
	Sauna																			
	Steam Room																			
MONDAY	Lane 1	Open Swim 5:00a to 6:00a	Water Exercise 6:00a to 7:00a	Open Swim 7:00a to 8:30a	Water Exercise 8:30a to 11:30a	Open Swim 11:30a to 3:30p					Sailfish Academy 4:20p to 7:30p			Water Exercise 7:30p to 8:30p	CLOSED 8:30p					
	Lane 2																			
	Lane 3								Swim Lessons 3:30p to 6:00p											
	Zero Depth	Open Swim																		
	Whirlpool	OPEN 5:00a to 8:30p																		
	Sauna	OPEN 5:00a to 8:30p																		
	Steam Room																			
TUESDAY	Lane 1	Open Swim 5:00a to 8:30a				Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 5:00p						Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p				
	Lane 2																			
	Lane 3												Swim Lessons 5:00p to 7:30p							
	Zero Depth	Open Swim																		
	Whirlpool	OPEN 5:00a to 8:30p																		
	Sauna	OPEN 5:00a to 8:30p																		
	Steam Room																			
WEDNESDAY	Lane 1	Open Swim 5:00a to 6:00a	Water Exercise 6:00a to 7:00a	Open Swim 7:00a to 8:30a	Water Exercise 8:30a to 11:30a	Open Swim 11:30a to 4:20p					Sailfish Academy 4:20p to 7:30p		Open Swim 7:30p to 8:30p	CLOSED 8:30p						
	Lane 2																			
	Lane 3								Swim Lessons											
	Zero Depth	Open Swim																		
	Whirlpool	OPEN 5:00a to 8:30p																		
	Sauna	OPEN 5:00a to 8:30p																		
	Steam Room																			
THURSDAY	Lane 1	Open Swim 5:00a to 8:30a				Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 5:00p						Sailfish Academy 5:00p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p				
	Lane 2																			
	Lane 3												Swim Lessons							
	Zero Depth	Open Swim																		
	Whirlpool	OPEN 5:00a to 8:30p																		
	Sauna	OPEN 5:00a to 8:30p																		
	Steam Room																			
FRIDAY	Lane 1	Open Swim 5:00a to 6:00a	Water Exercise 6:00a to 7:00a	Open Swim 7:00a to 8:30a	Water Exercise 8:30a to 11:30a	Open Swim 11:30a to 6:30p					CLOSED 6:30p									
	Lane 2																			
	Lane 3																			
	Zero Depth																			
	Slide	CLOSED										OPEN 3:00p to 6:30p								
	Whirlpool	OPEN 5:00a to 6:30p																		
	Sauna	OPEN 5:00a to 6:30p																		
Steam Room																				
SATURDAY	Lane 1	FACILITY CLOSED				Swim Lessons 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p								
	Lane 2																			
	Lane 3																			
	Zero Depth																			
	Slide				CLOSED			OPEN 12:00p to 3:30p												
	Whirlpool																			
	Sauna																			
	Steam Room																			

= OPEN SWIM     = WATER AEROBICS     = SWIM LESSONS     = PATH TO WELLNESS     = 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.