



WEST CABARRUS YMCA LAP 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									Seakers 1:00p to 4:45p			CLOSED 4:45p				
	Lane 2										Sailfish 1:00p to 4:45p							
	Lane 3										Boy Scouts 1:00p to 3:00p							
	Lane 4																	
	Lane 5																	
	Lane 6																	
	Lane 7																	
	Lane 8																	
MONDAY	Lane 1											Sailfish 3:00p to 8:45p					CLOSED 8:45p	
	Lane 2																	
	Lane 3																	
	Lane 4																	
	Lane 5											YMCA Blue Dolphins 5:30p to 8:45p						
	Lane 6																	
	Lane 7			Water Exercise 7:00a to 8:00a														
	Lane 8																	
TUESDAY	Lane 1											Sailfish 3:00p to 8:45p					CLOSED 8:45p	
	Lane 2																	
	Lane 3																	
	Lane 4																	
	Lane 5											YMCA Blue Dolphins 5:30p to 8:45p						
	Lane 6																	
	Lane 7			Water Exercise 7:00a to 8:00a														
	Lane 8																	
WEDNESDAY	Lane 1											Sailfish 3:00p to 8:45p					CLOSED 8:45p	
	Lane 2																	
	Lane 3																	
	Lane 4																	
	Lane 5											YMCA Blue Dolphins 5:30p to 8:45p						
	Lane 6																	
	Lane 7			Water Exercise 7:00a to 8:00a														
	Lane 8																	
THURSDAY	Lane 1			Navy 7:00a to 8:00a								Sailfish 3:00p to 8:45p					CLOSED 8:45p	
	Lane 2																	
	Lane 3																	
	Lane 4																	
	Lane 5											YMCA Blue Dolphins 5:30p to 8:45p						
	Lane 6																	
	Lane 7			Water Exercise 7:00a to 8:00a														
	Lane 8																	
FRIDAY	Lane 1											Sailfish 3:00p to 6:45p				CLOSED 6:45p		
	Lane 2																	
	Lane 3																	
	Lane 4																	
	Lane 5											YMCA Blue Dolphins 5:30p to 8:45p						
	Lane 6																	
	Lane 7			Water Exercise 7:00a to 8:00a														
	Lane 8																	
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					Special Olympics 9:00a to 10:00a												
	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.