



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

May 4th - May 10th

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

  = 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.