



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE
June 22nd – June 28th
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	Camp 11:30p to 3:00p			Path To Wellness 3:00p to 4:00p	Open Swim	Sailfish Academy 5:00p to 7:30p	Water Exercise 7:30p to 8:30p	CLOSED 8:30p				
	Lane 2																
	Lane 3																
	Zero Depth	Swim Lessons 4:00p to 7:30p															
	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 1:00p			Camp 1:00p to 3:00p	Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p	CLOSED 8:30p			
	Lane 2																
	Lane 3																
	Zero Depth	Swim Lessons			OPEN 5:00a to 8:30p												
	Whirlpool	OPEN 5:00a to 8:30p															
	Sauna																
	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	Camp 11:30p to 3:00p			Path To Wellness 3:00p to 4:00p	Open Swim	Sailfish Academy 5:00p to 7:30p	Open Swim 7:30p to 8:30p	CLOSED 8:30p				
	Lane 2																
	Lane 3																
	Zero Depth	Swim Lessons 4:00p to 7:30p															
	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 1:00p			Camp 1:00p to 3:00p	Open Swim 3:00p to 7:30p			Water Exercise 7:30p to 8:30p	CLOSED 8:30p			
	Lane 2																
	Lane 3																
	Zero Depth	Swim Lessons			OPEN 5:00a to 8:30p												
	Whirlpool	OPEN 5:00a to 8:30p															
	Sauna																
	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	Camp 11:30a to 3:00p			Open Swim 3:00p to 6:30p			CLOSED 6:30p					
	Lane 2																
	Lane 3																
	Zero Depth	CLOSED															
	Slide	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				CLOSED			OPEN 12:00p to 3:30p									
	Zero Depth				OPEN 8:00a to 3:30p												
	Slide																
	Whirlpool																
	Sauna																
Steam Room																	

= OPEN SWIM = WATER AEROBICS = SWIM LESSONS = PATH TO WELLNESS = SAILFISH = SUMMER CAMP

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.