



**WEST CABARRUS YMCA LAP 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								Seakers 1:00p to 4:45p				CLOSED 4:45p						
	Lane 2									Sailfish 1:00p to 4:45p										
	Lane 3									Boy Scouts 3:00p to 4:45p										
	Lane 4																			
	Lane 5																			
	Lane 6																			
	Lane 7																			
	Lane 8																			
MONDAY	Lane 1	Sailfish 6:00a to 8:15a			YMCA Blue Dolphins 9:30a to 11:30a			Sailfish 3:00p to 8:45p								CLOSED 8:45p				
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5	Water Exercise 7:00a to 8:00a			YMCA Blue Dolphins 6:30p to 8:45p															
	Lane 6																			
	Lane 7																			
	Lane 8																			
TUESDAY	Lane 1	Sailfish 6:00a to 8:15a			YMCA Blue Dolphins 9:30a to 11:30a			Sailfish 4:00p to 5:30p				CLOSED 8:45p								
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5	Water Exercise 7:00a to 8:00a																		
	Lane 6																			
	Lane 7																			
	Lane 8																			
WEDNESDAY	Lane 1	Sailfish 6:00a to 8:15a			YMCA Blue Dolphins 9:30a to 11:30a			Sailfish 3:00p to 8:45p								CLOSED 8:45p				
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5	Water Exercise 7:00a to 8:00a			YMCA Blue Dolphins 6:30p to 8:45p															
	Lane 6																			
	Lane 7																			
	Lane 8																			
THURSDAY	Lane 1	Sailfish 6:00a to 8:15a			YMCA Blue Dolphins 9:30a to 11:30a			Sailfish 4:00p to 5:30p				CLOSED 8:45p								
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5	Navy 7:00a to 8:00a																		
	Lane 6																			
	Lane 7	Water Exercise 7:00a to 8:00a																		
	Lane 8																			
FRIDAY	Lane 1	Sailfish 7:00a to 9:30a			YMCA Blue Dolphins 9:30a to 11:30a			Sailfish 3:00p to 6:45p						CLOSED 6:45p						
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5	Water Exercise 7:00a to 8:00a																		
	Lane 6																			
	Lane 7																			
	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.