



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

July 13th - July 19th

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												Swim Lessons 4:00p to 7:30p								
	Lane 3																				
	Zero Depth																				
	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											Swim lessons 3:00p to 7:30p									
	Zero Depth																				
	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				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		Swim Lessons 4:00p to 8:30p																			
Lane 3																					
Zero Depth																					
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											Swim lessons 3:00p to 7:30p									
	Zero Depth																				
	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 1:00p	Camp 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																					
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																				
	Slide																				
	Whirlpool	OPEN 8:00a to 3:30p																			
	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.