



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	FACILITY CLOSED											OPEN 1:00p to 4:30p		CLOSED 4:30p			
	Lane 3	FACILITY CLOSED											OPEN 1:00p to 4:30p		CLOSED 4:30p			
	Zero Depth	FACILITY CLOSED											OPEN 1:00p to 4:30p		CLOSED 4:30p			
	Slide	FACILITY CLOSED											OPEN 1:00p to 4:30p		CLOSED 4:30p			
	Whirlpool	FACILITY CLOSED											OPEN 1:00p to 4:30p		CLOSED 4:30p			
	Sauna	FACILITY CLOSED											OPEN 1:00p to 4:30p		CLOSED 4:30p			
	Steam Room	FACILITY CLOSED											OPEN 1:00p to 4:30p		CLOSED 4:30p			
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	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 3	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			
	Zero Depth	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			
	Whirlpool	OPEN 5:00a to 8:30p											Swim Lessons 4:00p to 7:30p		CLOSED 8:30p			
	Sauna	OPEN 5:00a to 8:30p											Swim Lessons 4:00p to 7:30p		CLOSED 8:30p			
	Steam Room	OPEN 5:00a to 8:30p											Swim Lessons 4:00p to 7:30p		CLOSED 8:30p			
	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		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 3		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			
Zero Depth		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			
Whirlpool		OPEN 5:00a to 8:30p											Swim Lessons 3:00p to 7:30p		CLOSED 8:30p			
Sauna		OPEN 5:00a to 8:30p											Swim Lessons 3:00p to 7:30p		CLOSED 8:30p			
Steam Room		OPEN 5:00a to 8:30p											Swim Lessons 3:00p to 7:30p		CLOSED 8:30p			
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	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 3	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			
	Zero Depth	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			
	Whirlpool	OPEN 5:00a to 8:30p											Swim Lessons 4:00p to 8:30p		CLOSED 8:30p			
	Sauna	OPEN 5:00a to 8:30p											Swim Lessons 4:00p to 8:30p		CLOSED 8:30p			
	Steam Room	OPEN 5:00a to 8:30p											Swim Lessons 4:00p to 8:30p		CLOSED 8:30p			
	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		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 3		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			
Zero Depth		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			
Whirlpool		OPEN 5:00a to 8:30p											Swim Lessons 3:00p to 7:30p		CLOSED 8:30p			
Sauna		OPEN 5:00a to 8:30p											Swim Lessons 3:00p to 7:30p		CLOSED 8:30p			
Steam Room		OPEN 5:00a to 8:30p											Swim Lessons 3:00p to 7:30p		CLOSED 8:30p			
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	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 3	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				
	Zero Depth	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				
	Slide	CLOSED											OPEN 3:00p to 6:30p		CLOSED 6:30p			
	Whirlpool	OPEN 5:00a to 6:30p											OPEN 3:00p to 6:30p		CLOSED 6:30p			
	Sauna	OPEN 5:00a to 6:30p											OPEN 3:00p to 6:30p		CLOSED 6:30p			
	Steam Room	OPEN 5:00a to 6:30p											OPEN 3:00p to 6:30p		CLOSED 6:30p			
SATURDAY	Lane 1	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p							
	Lane 2	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p							
	Lane 3	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p							
	Zero Depth	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p			Open Swim 12:00p to 3:30p			CLOSED 3:30p							
	Slide	FACILITY CLOSED			CLOSED			OPEN 12:00p to 3:30p			CLOSED 3:30p							
	Whirlpool	FACILITY CLOSED			CLOSED			OPEN 12:00p to 3:30p			CLOSED 3:30p							
	Sauna	FACILITY CLOSED			CLOSED			OPEN 12:00p to 3:30p			CLOSED 3:30p							
	Steam Room	FACILITY CLOSED			CLOSED			OPEN 12:00p to 3:30p			CLOSED 3:30p							

= 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.