



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

= 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.