



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									Sailfish 1:00p to 4:45p										
	Lane 3																			
	Lane 4																			
	Lane 5																			
	Lane 6																			
	Lane 7																			
	Lane 8																			
MONDAY	Lane 1		Sailfish 6:00a to 8:15a								Sailfish 3:00p to 8:45p							CLOSED 8:45p		
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5																			
	Lane 6																			
	Lane 7			Water Exercise 7:00a to 8:00a																
	Lane 8																			
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																			
	Lane 3																			
	Lane 4																			
	Lane 5																			
	Lane 6																			
	Lane 7			Water Exercise 7:00a to 8:00a																
	Lane 8																			
WEDNESDAY	Lane 1		Sailfish 6:00a to 8:15a									Sailfish 3:00p to 8:45p							CLOSED 8:45p	
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5																			
	Lane 6																			
	Lane 7			Water Exercise 7:00a to 8:00a																
	Lane 8																			
THURSDAY	Lane 1		Sailfish 6:00a to 8:15a									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								Sailfish 3:00p to 6:45p				CLOSED 6:45p				
	Lane 2																			
	Lane 3																			
	Lane 4																			
	Lane 5																			
	Lane 6																			
	Lane 7			Water Exercise 7:00a to 8:00a																
	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																			
	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.