



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

August 17th - August 23rd

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	Closed			Open Swim	Water Exercise 8:30a to 11:30a			Open Swim 11:30p to 1:00p	Closed 1:00p to 3:00p		Path To Wellness 3:00p to 4:00p	Open Swim 4:00p to 5:00p	Sailfish 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				OPEN 8:00a to 1:00p							OPEN 3:00p to 8:30p										
	Zero Depth																					
	Whirlpool																					
	Sauna	OPEN 5:00a to 1:00p																				
	Steam Room																					
TUESDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p			Closed 1:00p to 3:00p		Open Swim 3:00p to 5:00p		Sailfish 5:00p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p					
	Lane 2											Swim Lessons 3:00p to 7:30p										
	Lane 3				OPEN 8:00a to 1:00p										OPEN 3:00p to 8:30p							
	Zero Depth																					
	Whirlpool																					
	Sauna	OPEN 5:00a to 1:00p																				
	Steam Room																					
WEDNESDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a			Open Swim 11:30p to 1:00p	Closed 1:00p to 3:00p		Path To Wellness 3:00p to 4:00p	Open Swim 4:00p to 5:00p	Sailfish 5:00p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p					
	Lane 2												Swim Lessons 4:00p to 7:30p									
	Lane 3				OPEN 8:00a to 1:00p							OPEN 3:00p to 8:30p										
	Zero Depth																					
	Whirlpool																					
	Sauna	OPEN 5:00a to 1:00p																				
	Steam Room																					
THURSDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 9:30a	Open Swim 9:30a to 1:00p			Closed 1:00p to 3:00p		Open Swim 3:00p to 5:00p		Sailfish 5:00p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p					
	Lane 2											Swim Lessons 3:00p to 7:30p										
	Lane 3				OPEN 8:00a to 1:00p										OPEN 3:00p to 8:30p							
	Zero Depth																					
	Whirlpool																					
	Sauna	OPEN 5:00a to 1:00p																				
	Steam Room																					
FRIDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a			Open Swim 11:30a to 1:00p	Closed 1:00p to 3:00p		Open Swim 3:00p to 6:30p			CLOSED 6:30p							
	Lane 2																					
	Lane 3				CLOSED							OPEN 3:00p to 6:30p										
	Zero Depth																					
	Slide																					
	Whirlpool				OPEN 8:00a to 1:00p																	
	Sauna	OPEN 5:00a to 1:00p																				
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																					
	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.