



WEST CABARRUS YMCA LAP 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								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 5:00a to 6:30a								Closed 1:00p to 3:00p		Sailfish 3:00p to 8:45p						CLOSED 8:45p			
	Lane 2																				
	Lane 3											Sailfish 3:00p to 8:45p									
	Lane 4																				
	Lane 5																				
	Lane 6																				
	Lane 7		Water Exercise 6:00a to 8:00a																		
	Lane 8																				
TUESDAY	Lane 1		Masters 6:00a to 7:00a							Closed 1:00p to 3:00p		Sailfish 3:00p to 8:45p						CLOSED 8:45p			
	Lane 2																				
	Lane 3											Sailfish 3:00p to 8:45p									
	Lane 4																				
	Lane 5																				
	Lane 6																				
	Lane 7		Water Exercise 6:00a to 8:00a																		
	Lane 8																				
WEDNESDAY	Lane 1	Sailfish 5:00a to 6:30a								Closed 1:00p to 3:00p		Sailfish 3:00p to 8:45p						CLOSED 8:45p			
	Lane 2																				
	Lane 3											Sailfish 3:00p to 8:45p									
	Lane 4																				
	Lane 5																				
	Lane 6																				
	Lane 7		Water Exercise 6:00a to 8:00a																		
	Lane 8																				
THURSDAY	Lane 1		Masters 6:00a to 7:00a		Navy 7:00a to 8:00a					Closed 1:00p to 3:00p		Sailfish 3:00p to 8:45p						CLOSED 8:45p			
	Lane 2																				
	Lane 3											Sailfish 3:00p to 8:45p									
	Lane 4																				
	Lane 5																				
	Lane 6																				
	Lane 7		Water Exercise 6:00a to 8:00a																		
	Lane 8																				
FRIDAY	Lane 1		Masters 6:00a to 7:00a							Closed 1:00p to 3:00p		Sailfish 3:00p to 6:45p				CLOSED 6:45p					
	Lane 2																				
	Lane 3											Sailfish 3:00p to 6:45p									
	Lane 4																				
	Lane 5																				
	Lane 6																				
	Lane 7		Water Exercise 6:00a 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 = U.S. 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.