



KANNAPOLIS YMCA LAP POOL SCHEDULE

September 15th-September 22nd

Pool Schedule Subject to Change based of Staff Availibility 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 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	CLOSED												CLOSED 4:30p				
									Family Swim 1:00-2:45p		Family Swim 3:00-4:30p							
MONDAY	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Closed									Swim Lessons 3:00-6:15p					Sail Fish 7:30-8:30p	CLOSED 8:30p	
			Open Swim 6:00-7:45a		Open Swim 8:00-9:00a	Water Aerobics 9:00-10:00a	Open Swim 10-10:45a	Open Swim 11:00-2:45p			Open Swim 3:00-6:45p				Open Swim 7:00-8:30p			
TUESDAY	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Closed							Atrium Health Therapy		1:00-4:00p		Stroke Clinic 5:30-6:45p		Stroke Clinic 7:00-8:00p	Sailish 7:30-8:30p	CLOSED 8:30p	
			Open Swim 6:00-7:45a		Open Swim 8:00-10:45a			Open Swim 11:00-2:45p			Open Swim 3:00-6:45p				Open Swim 7:00-8:30p			
WEDNESDAY	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Closed									Swim Lessons 3:00-6:45p					Sailfish 7:30-8:30p	Closed 8:30p	
			Open Swim 6:00-7:45a		Open Swim 8:00-9:00a	Water Aerobics 9:00-10:00a	Open Swim 10:00-10:45a	Open Swim 11:00-2:45p			Open Swim 3:00-6:45p				Water Aerobics 7:00-8:00p	Open Swim 8:00-8:30p		
THURSDAY	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Closed						Open Swim 11:00-1:00p		Closed 1:00-3:00p			Stroke Clinic 5:30-6:45p		Stroke Clinic 7:00-8:00p		Closed 8:30p	
			Water Aerobics 6:00-7:00a	Open Swim 7:00-7:45a	Open Swim 8:00-9:45a		Water Aerobis 9:45-10:30a	Open 11:00-1:00p			Open Swim 3:00-6:45p				Open Swim 7:00-8:30p			
FRIDAY	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Closed											Sailfish 5:15-6:15p		Closed 6:30p			
			Open Swim 6:00-7:45a		Open Swim 8:00-9:00a	Water Aerobics 9:00-10:00a	Open Swim 10:00-10:45a	Open Swim 11:00-2:45p			Open Swim 3:00-6:45p							
SATURDAY	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	CLOSED			Swim Lessons 8:00-10:15a		Swim Lesson 10:30-1:00pm						Closed 3:30p					
		Open Swim 8:00-10:15a			Open Swim 10:30a- 2:15p						Open 2:30-3:30p							

= LAP SWIM = WATER AEROBICS = ATRIUM = SAIL FISH = FAMILY/OPEN SWIM = STROKE CLINIC SWIM LESSONS

Lifeguards have final authority on all pool safety rules and lane changes. Please be mindful of special events that may alter this schedule.
Pool temperature is set to 82-85 degrees per YMCA Safety Standards.