



KANNAPOLIS YMCA LAP POOL SCHEDULE
September 1-September 30th
Pool Schedule Subject to Change based of 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 | CLOSED | | | | | | | | | | | | CLOSED 4:30p | | | | | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | | | | | Family Swim 1:00-2:45p | | Family Swim 3:00-4:30p | | | | | | | | |
| MONDAY | Lane 1 | Closed | | | | | | | | | Swim Lessons 3:00-6:15p | | | | | CLOSED 8:30p | | | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | 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 | | | | | |
| | Lane 6 | | 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 | Closed | | | | | | | | Atrium Health Therapy | | 1:00-4:00p | | Stroke Clinic 5:30-6:45p | | | Stroke Clinic 7:00-8:00p | | CLOSED 8:30p | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | 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 | | | |
| | Lane 6 | | 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 | Closed | | | | | | | | | | Swim Lessons 3:00-6:45p | | | | | CLOSED 8:30p | | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | 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 | | |
| | Lane 6 | | 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 | | | | | |
| THURSDAY | Lane 1 | 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 | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | 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 | | | | | |
| | Lane 6 | | 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 | Closed | | | | | | | | | | | | | | Closed 6:30p | | | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | 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 | | | | | | | |
| | Lane 6 | | 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 | CLOSED | | | | Swim Lessons 8:00-10:15a | | | Swim Lesson 10:30-1:00pm | | | | | Closed 3:30p | | | | | | |
| | Lane 2 | | | | | | | | | | | | | | | | | | | |
| | Lane 3 | | | | | | | | | | | | | | | | | | | |
| | Lane 4 | | | | | | | | | | | | | | | | | | | |
| | Lane 5 | | | | | | | | | | | | | | | | | | | |
| | Lane 6 | | | | | Open Swim 8:00-10:15a | | | Open Swim 10:30a- 2:15p | | | | | | | | Open 2:30-3:30p | | | |
| <div><div></div> = LAP SWIM</div> <div><div></div> = WATER AEROBICS</div> <div><div></div> = ATRIUM</div> <div><div></div> = HIGH SCHOOL</div> <div><div></div> = FAMILY/OPEN SWIM</div> <div><div></div> = STROKE CLINIC</div> <div><div></div> SWIM LESSONS</div> | | | | | | | | | | | | | | | | | | | | |

= LAP SWIM = WATER AEROBICS = ATRIUM = HIGH SCHOOL = 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.