



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE
September 14th - September 20th
Pool Schedule Subject to Change Based on Staff Availability and Programs

		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	Open Swim	Water Exercise 6:00a to 8:00a	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	Sailfish 4:30p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p							
	Lane 2										Swim Lessons 4:00p to 7:30p										
	Lane 3																				
	Zero Depth	OPEN 5:00a to 1:00p								OPEN 3:00p to 8:30p											
	Whirlpool																				
	Sauna	OPEN 5:00a to 1:00p																			
Steam Room																					
TUESDAY	Lane 1	Open Swim	Water Exercise 6:00a to 8:00a	Open Swim	Water Exercise 8:30a to 10:30a		Open Swim 10:30a to 1:00p	Closed 1:00p to 3:00p	Open Swim 3:00p to 4:30p	Sailfish 4:30p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p								
	Lane 2									Swim Lessons 3:00p to 7:30p											
	Lane 3																				
	Zero Depth	OPEN 5:00a to 1:00p								OPEN 3:00p to 8:30p											
	Whirlpool																				
	Sauna	OPEN 5:00a to 1:00p																			
Steam Room																					
WEDNESDAY	Lane 1	Open Swim	Water Exercise 6:00a to 8:00a	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	Sailfish 4:30p to 7:30p		Sailfish 7:30p to 8:30p	CLOSED 8:30p							
	Lane 2										Swim Lessons 4:00p to 7:30p										
	Lane 3																				
	Zero Depth	OPEN 5:00a to 1:00p								OPEN 3:00p to 8:30p											
	Whirlpool																				
	Sauna	OPEN 5:00a to 1:00p																			
Steam Room																					
THURSDAY	Lane 1	Open Swim	Water Exercise 6:00a to 8:00a	Open Swim	Water Exercise 8:30a to 10:30a		Open Swim 10:30a to 1:00p	Closed 1:00p to 3:00p	Open Swim 3:00p to 4:30p	Sailfish 4:30p to 7:30p		Water Exercise 7:30p to 8:30p	CLOSED 8:30p								
	Lane 2									Swim Lessons 3:00p to 7:30p											
	Lane 3																				
	Zero Depth	OPEN 5:00a to 1:00p								OPEN 3:00p to 8:30p											
	Whirlpool																				
	Sauna	OPEN 5:00a to 1:00p																			
Steam Room																					
FRIDAY	Lane 1	Open Swim	Water Exercise 6:00a to 8:00a	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																				
	Zero Depth	CLOSED								OPEN 3:00p to 6:30p											
	Slide																	OPEN 3:00p to 6:30p			
	Whirlpool									OPEN 5:00a 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							OPEN 12:00p to 3:30p													
	Lane 3																				
	Zero Depth																				
	Slide				CLOSED																
	Whirlpool				OPEN 8:00a to 3:30p																
	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.