



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

September 28th - October 4th

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