



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE
October 12th - October 18th
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	FACILITY CLOSED									OPEN 1:00p to 4:30p			CLOSED 4:30p									
	Whirlpool										OPEN 1:00p to 4:30p												
	Sauna																						
	Steam Room										OPEN 1:00p to 4:30p												
MONDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a			Open Swim 11:30p 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																						
	Whirlpool	OPEN 8:00a to 8:30p											Swim Lessons 4:00p to 7:30p			Water Exercise 7:30p to 8:30p			CLOSED 8:30p				
	Sauna	OPEN 5:00a to 8:30p																					
	Steam Room	OPEN 5:00a to 8:30p																					
TUESDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 10:30a		Open Swim 10:30a 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																						
	Whirlpool	OPEN 8:00a to 8:30p											Swim Lessons 3:00p to 7:30p			Water Exercise 7:30p to 8:30p			CLOSED 8:30p				
	Sauna	OPEN 5:00a to 8:30p																					
	Steam Room	OPEN 5:00a to 8:30p																					
WEDNESDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a			Open Swim 11:30p 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																						
	Whirlpool	OPEN 8:00a to 8:30p											Swim Lessons 4:00p to 7:30p			Sailfish 7:30p to 8:30p			CLOSED 8:30p				
	Sauna	OPEN 5:00a to 8:30p																					
	Steam Room	OPEN 5:00a to 8:30p																					
THURSDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 10:30a		Open Swim 10:30a 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																						
	Whirlpool	OPEN 8:00a to 8:30p											Swim Lessons 3:00p to 7:30p			Water Exercise 7:30p to 8:30p			CLOSED 8:30p				
	Sauna	OPEN 5:00a to 8:30p																					
	Steam Room	OPEN 5:00a to 8:30p																					
FRIDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a			Open Swim 11:30a to 6:30p					CLOSED 6:30p									
	Lane 2																						
	Lane 3																						
	Zero Depth																						
	Slide	Closed									OPEN 3:00p to 6:30p								CLOSED 6:30p				
	Whirlpool																						
	Sauna										OPEN 5:00a 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																						
	Slide	Closed									OPEN 12:00p to 3:30p							CLOSED 3:30p					
	Whirlpool																						OPEN 8:00a to 3:30p
	Sauna										OPEN 8:00a to 3:30p												
	Steam Room																						OPEN 8:00a to 3:30p

= 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.