



WEST CABARRUS YMCA LAP 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								Seakers 1:00p to 4:45p				CLOSED 4:45p			
	Lane 2									Sailfish 1:00p to 4:45p							
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7																
	Lane 8																
MONDAY	Lane 1	Sailfish 5:00a to 6:30a										Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
TUESDAY	Lane 1		Masters 6:00a to 7:00a									Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
WEDNESDAY	Lane 1	Sailfish 5:00a to 6:30a					City of Concord Fire and Rescue Training 9:00a to 3:00p				Sailfish 3:00p to 8:45p				CLOSED 8:45p		
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
THURSDAY	Lane 1		Masters 6:00a to 7:00a		Navy 7:00a to 8:00a			City of Concord Fire and Rescue Training 9:00a to 3:00p				Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
FRIDAY	Lane 1		Sailfish 6:00a to 7:00a				City of Concord Fire and Rescue Training 9:00a to 3:00p				Sailfish 3:00p to 6:45p			CLOSED 6:45p			
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
SATURDAY	Lane 1	FACILITY CLOSED				Sailfish 8:00a to 1:00p								CLOSED 3:45p			
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6							Swim Lessons									
	Lane 7																
	Lane 8																

= LAP SWIM = WATER AEROBICS = U.S. NAVY = SAILFISH = YBD SWIM TEAM = LIFEGUARDING CLASS = SEAKERS

Lifeguards have final authority on all pool safety rules and lane changes. Please be mindful of special events (posted on the pool deck).
Lap Pool temperature is set to 77-79 degrees per YMCA Safety Standards.