



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

November 2nd – November 8th

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										OPEN 1:00p to 4:30p										
	Lane 3																				
	Zero Depth																				
	Slide																				
	Whirlpool																				
	Sauna																				
	Steam Room																				
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					OPEN 8:00a to 8:30p										Swim Lessons 4:00p to 7:30p					
	Lane 3																				
	Zero Depth																				
	Whirlpool																				
	Sauna	OPEN 5:00a to 8:30p																			
	Steam Room																				
	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		OPEN 8:00a to 8:30p										Swim Lessons 3:00p to 7:30p									
Lane 3																					
Zero Depth																					
Whirlpool																					
Sauna		OPEN 5:00a to 8:30p																			
Steam Room																					
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	OPEN 8:00a to 8:30p										Swim Lessons 4:00p to 7:30p									
	Lane 3																				
	Zero Depth																				
	Whirlpool																				
	Sauna	OPEN 5:00a to 8:30p																			
	Steam Room																				
	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		OPEN 8:00a to 8:30p										Swim Lessons 3:00p to 7:30p									
Lane 3																					
Zero Depth																					
Whirlpool																					
Sauna		OPEN 5:00a to 8:30p																			
Steam Room																					
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	CLOSED										OPEN 3:00p to 6:30p									
	Lane 3																				
	Zero Depth																				
	Slide																				
	Whirlpool	OPEN 8:00a to 6:30p																			
	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				CLOSED													OPEN 12:00p to 3:30p			
	Lane 3																				
	Zero Depth																				
	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.