



WEST CABARRUS YMCA LAP 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								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 6:15a	High School Swim 6:15a to 7:15a									Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5											High School Swim 4:30p to 7:00p					
	Lane 6														High School Swim 3:00p to 4:00p		
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
TUESDAY	Lane 1		High Scool Swim 6:00a to 7:15a									Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2																
	Lane 3																
	Lane 4			Masters 6:00a to 7:00a													
	Lane 5											High School Swim 4:30p to 7:00p					
	Lane 6														High School Swim 3:00p to 4:00p		
	Lane 7			Water Exercise 7:00a to 8:00a													
	Lane 8																
WEDNESDAY	Lane 1	Sailfish 5:00a to 6:15a	High School Swim 6:15a to 7:15a									Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5											High School Swim 4:30p to 7:00p					
	Lane 6														High School Swim 3:00p to 4:00p		
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
THURSDAY	Lane 1		High Scool Swim 6:00a to 7:15a	Navy 7:15a to 8:15a								Sailfish 3:00p to 8:45p				CLOSED 8:45p	
	Lane 2																
	Lane 3																
	Lane 4				Masters 6:00a to 7:00a												
	Lane 5											High School Swim 4:30p to 7:00p					
	Lane 6														High School Swim 3:00p to 4:00p		
	Lane 7			Water Exercise 7:00a to 8:00a													
	Lane 8																
FRIDAY	Lane 1		Masters 6:00a to 7:00a									High School Swim Meet 3:00p to 7:00p				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 = High School iwim = LIFEGUARDING CLASS = SEAKERS																	

= LAP SWIM = WATER AEROBICS = U.S. NAVY = SAILFISH = High School swim = 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.