



KANNAPOLIS YMCA LAP POOL SCHEDULE

December 13th- December 21st

Pool Schedule Subject to Change based of Staff Availibility 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 | CLOSED |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      | CLOSED 4:30p         |        |                           |                      |              |  |
|           | Lane 2 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 3 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 4 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 5 |        |                      |        |                       |                            |                           |                         |                       | Open Swim 1:00-2:45p |                   |                                 |                      | Open Swim 3:00-4:30p |        |                           |                      |              |  |
|           | Lane 6 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
| MONDAY    | Lane 1 | Closed |                      |        |                       |                            |                           |                         |                       |                      |                   | Highschool Swim Team 3:00-6:00p |                      |                      |        |                           |                      | CLOSED 8:30p |  |
|           | Lane 2 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 3 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 4 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 5 |        | Open Swim 6:00-7:45a |        | Open Swim 8:00-9:00a  | Water Aerobics 9:00-10:00a | Open Swim 10-10:45a       | Open Swim 11:00-2:45p   |                       |                      |                   | Open Swim 3:00-6:45p            |                      |                      |        | Open Swim 7:00-8:30p      |                      |              |  |
|           | Lane 6 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
| TUESDAY   | Lane 1 | Closed |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      | CLOSED 8:30p |  |
|           | Lane 2 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 3 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 4 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 5 |        | Open Swim 6:00-7:45a |        | Open Swim 8:00-10:45a |                            |                           |                         | Open Swim 11:00-2:45p |                      |                   |                                 | Open Swim 3:00-6:45p |                      |        |                           | Open Swim 7:00-8:30p |              |  |
|           | Lane 6 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
| WEDNESDAY | Lane 1 | Closed |                      |        |                       |                            |                           |                         |                       |                      |                   | Highschool Swim Team 3:00-6:00p |                      |                      |        |                           |                      | Closed 8:30p |  |
|           | Lane 2 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 3 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 4 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 5 |        | Open Swim 6:00-7:45a |        | Open Swim 8:00-9:00a  | Water Aerobics 9:00-10:00a | Open Swim 10:00-10:45a    | Open Swim 11:00-2:45p   |                       |                      |                   | Open Swim 3:00-6:45p            |                      |                      |        | Water Aerobics 7:00-8:00p | Open Swim 8:00-8:30p |              |  |
|           | Lane 6 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
| THURSDAY  | Lane 1 | Closed |                      |        |                       |                            |                           |                         |                       |                      |                   | Highschool Swim Team 3:00-6:00p |                      |                      |        |                           |                      | Closed 8:30p |  |
|           | Lane 2 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 3 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 4 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 5 |        | Open Swim 6:00-7:45a |        | Open Swim 8:00-9:45a  |                            | Water Aerobis 9:45-10:30a |                         | Open 11:00-1:00p      |                      | Closed 1:00-3:00p | Open Swim 3:00-6:45p            |                      |                      |        | Open Swim 7:00-8:30p      |                      |              |  |
|           | Lane 6 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
| FRIDAY    | Lane 1 | Closed |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      | Closed 6:30p |  |
|           | Lane 2 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 3 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 4 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 5 |        | Open Swim 6:00-7:45a |        | Open Swim 8:00-9:00a  | Water Aerobics 9:00-10:00a | Open Swim 10:00-10:45a    | Open Swim 11:00-2:45p   |                       |                      |                   | Open Swim 3:00-6:45p            |                      |                      |        |                           |                      |              |  |
|           | Lane 6 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
| SATURDAY  | Lane 1 | CLOSED |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      | Closed 3:30p         |        |                           |                      |              |  |
|           | Lane 2 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 3 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 4 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |
|           | Lane 5 |        |                      |        |                       | Open Swim 8:00-10:15a      |                           | Open Swim 10:30a- 2:15p |                       |                      |                   | Open 2:30-3:30p                 |                      |                      |        |                           |                      |              |  |
|           | Lane 6 |        |                      |        |                       |                            |                           |                         |                       |                      |                   |                                 |                      |                      |        |                           |                      |              |  |

= LAP SWIM  = WATER AEROBICS  = ATRIUM  = HIGH SCHOOL  = FAMILY/OPEN SWIM  = STROKE CLINIC  SWIM LESSONS

Lifeguards have final authority on all pool safety rules and lane changes. Please be mindful of special events that may alter this schedule.  
Pool temperature is set to 82-85 degrees per YMCA Safety Standards.