



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE
November 30th - December 6th
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																						
	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																						
	Lane 3																						
	Zero Depth																						
	Whirlpool			OPEN 8:00a to 8:30p																			
	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																						
	Lane 3																						
	Zero Depth																						
	Whirlpool			OPEN 8:00a to 8:30p																			
	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																						
	Lane 3																						
	Zero Depth																						
	Whirlpool			OPEN 8:00a to 8:30p																			
	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																						
	Lane 3																						
	Zero Depth																						
	Whirlpool			OPEN 8:00a to 8:30p																			
	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 3:00p		CLOSED 3:00p														
	Lane 2																						
	Lane 3																						
	Zero Depth																						
	Slide			CLOSED																			
	Whirlpool			OPEN 8:00a to 3:00p																			
	Sauna																						
	Steam Room			OPEN 5:00a to 3:00p																			
SATURDAY	Lane 1	FACILITY CLOSED			Open Swim 8:00a to 3:30p							CLOSED 3:30p											
	Lane 2																						
	Lane 3																						
	Zero Depth																						
	Slide				CLOSED				OPEN 12:00p to 3:30p														
	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.