



WEST CABARRUS YMCA LAP 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								Seekers 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																	
	Lane 6																	
	Lane 7		Water Exercise 6:00a to 8:00a								High School Swim 3:00p to 4:00p	High School Swim 4:30p to 7:00p						
	Lane 8																	
TUESDAY	Lane 1		High School 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																	
	Lane 6																	
	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																	
	Lane 6																	
	Lane 7										High School Swim 3:00p to 4:00p	High School Swim 4:30p to 7:00p						
	Lane 8		Water Exercise 6:00a to 8:00a															
THURSDAY	Lane 1		High School 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																	
	Lane 6																	
	Lane 7				Water Exercise 7:00a to 8:00a						High School Swim 3:00p to 4:00p	High School Swim 4:30p to 7:00p						
	Lane 8																	
FRIDAY	Lane 1		Masters 6:00a to 7:00a								High School Swim Meet 3:00p to 6:45p						CLOSED 6:45p	
	Lane 2																	
	Lane 3																	
	Lane 4																	
	Lane 5																	
	Lane 6																	
	Lane 7																	
	Lane 8		Water Exercise 6:00a to 8:00a															
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 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.