



WEST CABARRUS YMCA LAP POOL SCHEDULE
 January 11th - January 17th
 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	FACILITY CLOSED								Sailfish 1:00p to 4:45p			CLOSED 4:45p				
	Lane 3	FACILITY CLOSED											CLOSED 4:45p				
	Lane 4	FACILITY CLOSED											CLOSED 4:45p				
	Lane 5	FACILITY CLOSED											CLOSED 4:45p				
	Lane 6	FACILITY CLOSED											CLOSED 4:45p				
	Lane 7	FACILITY CLOSED											CLOSED 4:45p				
	Lane 8	FACILITY CLOSED											CLOSED 4:45p				
MONDAY	Lane 1	Sailfish 5:00a to 6:15a	High School Swim 6:15a to 7:15a									Sailfish 3:00p to 8:45p					
	Lane 2											CLOSED 8:45p					
	Lane 3											CLOSED 8:45p					
	Lane 4											CLOSED 8:45p					
	Lane 5											CLOSED 8:45p					
	Lane 6											CLOSED 8:45p					
	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										CLOSED 8:45p				
TUESDAY	Lane 1		Masters 6:00a to 7:00a									High School Swim Meet 3:00p to 8:45p					
	Lane 2											CLOSED 8:45p					
	Lane 3											CLOSED 8:45p					
	Lane 4											CLOSED 8:45p					
	Lane 5											CLOSED 8:45p					
	Lane 6											CLOSED 8:45p					
	Lane 7											CLOSED 8:45p					
	Lane 8			Water Exercise 7:00a to 8:00a								CLOSED 8:45p					
WEDNESDAY	Lane 1	Sailfish 5:00a to 6:15a	High School Swim 6:15a to 7:15a									Sailfish 3:00p to 8:45p					
	Lane 2											CLOSED 8:45p					
	Lane 3											CLOSED 8:45p					
	Lane 4											CLOSED 8:45p					
	Lane 5											CLOSED 8:45p					
	Lane 6											CLOSED 8:45p					
	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									CLOSED 8:45p					
THURSDAY	Lane 1		High School Swim 6:00a to 7:15a		Navy 8:00a to 9:00a							Sailfish 3:00p to 8:45p					
	Lane 2											CLOSED 8:45p					
	Lane 3											CLOSED 8:45p					
	Lane 4		Masters 6:00a to 7:00a									CLOSED 8:45p					
	Lane 5											CLOSED 8:45p					
	Lane 6											CLOSED 8:45p					
	Lane 7										High School Swim 3:00p to 4:00p		High School Swim 4:30p to 7:00p				
	Lane 8			Water Exercise 7:00a to 8:00a								CLOSED 8:45p					
FRIDAY	Lane 1		High School Swim 6:00a to 7:00a									High School Swim Meet 3:00p to 6:45p					
	Lane 2											CLOSED 6:45p					
	Lane 3											CLOSED 6:45p					
	Lane 4		Masters 6:00a to 7:00a									CLOSED 6:45p					
	Lane 5											CLOSED 6:45p					
	Lane 6											CLOSED 6:45p					
	Lane 7											CLOSED 6:45p					
	Lane 8			Water Exercise 6:00a to 8:00a								CLOSED 6:45p					
SATURDAY	Lane 1	FACILITY CLOSED								Sailfish 8:00a to 1:00p			CLOSED 3:45p				
	Lane 2	FACILITY CLOSED											CLOSED 3:45p				
	Lane 3	FACILITY CLOSED											CLOSED 3:45p				
	Lane 4	FACILITY CLOSED											CLOSED 3:45p				
	Lane 5	FACILITY CLOSED											CLOSED 3:45p				
	Lane 6	FACILITY CLOSED								Swim Lessons			CLOSED 3:45p				
	Lane 7	FACILITY CLOSED											CLOSED 3:45p				
	Lane 8	FACILITY CLOSED											CLOSED 3:45p				

= 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.