



KANNAPOLIS YMCA LAP POOL SCHEDULE
 March 16th- May 3rd
Pool Schedule Subject to Change based of 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	CLOSED										Open Swim 1:00-2:45p		Open Swim 3:00-4:30p		CLOSED 4:30p			
MONDAY	CLOSED		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				RAC Swim Team 4:30-5:30p		Open Swim 3:00-6:45p		Open Swim 7:00-8:30p	CLOSED 8:30p	
TUESDAY	CLOSED		Open Swim 6:00-7:45a		Open Swim 8:00-10:45a			Open Swim 11:00-2:45p				Swim Lessons 3:00- 8:00p		Swim Lessons 8:00-8:30p		Open Swim 7:00-8:30p	CLOSED 8:30p	
WEDNESDAY	CLOSED		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				RAC Swim Team 4:30-5:30p		Open Swim 3:00-6:45p		Water Aerobics 7:00-8:00p	Open Swim 8:00-8:30p	CLOSED 8:30p
THURSDAY	CLOSED		Open Swim 6:00-7:45a		Open Swim 8:00-9:00a	Water Aerobics 9:45-10:30a	Open Swim 11:00-1:00p		CLOSED 1:00-3:00p			Swim Lessons 3:00-8:00p		Swim Lessons 8:00-8:30p		Open Swim 7:00-8:30p		CLOSED 8:30p
FRIDAY	Closed		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		Closed 6:30p				
SATURDAY	CLOSED				Swim Lessons 8:00-10:15a		Swim Lessons 10:30-1:00p			Open Swim 10:30- 2:15p		Open 2:30-3:30p		Closed 3:30p				

= LAP SWIM
 = WATER AEROBICS
 = KDO
 = HIGH SCHOOL
 = FAMILY/OPEN SWIM
 =RAC
 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.