



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE
October 26th – November 1st
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	
MONDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a		Open Swim 11:30a 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		
	Lane 2																	
	Lane 3																	
	Zero Depth																	
	Whirlpool																	
	Sauna	OPEN 8:00a to 8:30p																
	Steam Room	OPEN 5:00a to 8:30p																
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			
	Lane 2																	
	Lane 3																	
	Zero Depth																	
	Whirlpool																	
	Sauna	OPEN 8:00a to 8:30p																
	Steam Room	OPEN 5:00a to 8:30p																
WEDNESDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a		Open Swim 11:30a 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		
	Lane 2																	
	Lane 3																	
	Zero Depth																	
	Whirlpool																	
	Sauna	OPEN 8:00a to 8:30p																
	Steam Room	OPEN 5:00a to 8:30p																
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			
	Lane 2																	
	Lane 3																	
	Zero Depth																	
	Whirlpool																	
	Sauna	OPEN 8:00a to 8:30p																
	Steam Room	OPEN 5:00a to 8:30p																
FRIDAY	Lane 1	Closed			Open Swim	Water Exercise 8:30a to 11:30a		Open Swim 11:30a to 6:30p					CLOSED 6:30p					
	Lane 2																	
	Lane 3																	
	Zero Depth																	
	Slide																	
	Whirlpool	CLOSED																
	Sauna	OPEN 8:00a to 6:30p																
Steam Room	OPEN 5:00a to 6:30p																	
SATURDAY	Lane 1	FACILITY CLOSED			Swim Lessons 8:00a to 12:00p				Open Swim 12:00p to 3:30p			CLOSED 3:30p						
	Lane 2																	
	Lane 3																	
	Zero Depth																	
	Slide																	
	Whirlpool	CLOSED																
	Sauna	OPEN 12:00p to 3:30p																
Steam Room	OPEN 8:00a to 3:30p																	
SUNDAY	Lane 1	FACILITY CLOSED								Open Swim 1:00p to 4:30p			CLOSED 4:30p					
	Lane 2																	
	Lane 3																	
	Zero Depth																	
	Slide																	
	Whirlpool	OPEN 1:00p to 4:30p																
	Sauna	OPEN 1:00p to 4:30p																
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.