



WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

October 5th - October 11th

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	CLOSED 8:30p																						
	Lane 2												Swim Lessons 4:00p to 7:30p																										
	Lane 3				OPEN 8:00a to 8:30p																																		
	Zero Depth																	OPEN 5:00a to 8:30p																					
	Whirlpool																																						
	Sauna																																						
	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															Swim Lessons 3:00p to 7:30p																							
	Lane 3				Swim Lessons 10:30a to 12:30		OPEN 8:00a to 8:30p																																
	Zero Depth																				OPEN 5:00a to 8:30p																		
	Whirlpool																																						
	Sauna																																						
	Steam Room																																						
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	CLOSED 8:30p																						
	Lane 2												Swim Lessons 4:00p to 7:30p																										
	Lane 3				OPEN 8:00a to 8:30p																																		
	Zero Depth																	OPEN 5:00a to 8:30p																					
	Whirlpool																																						
	Sauna																																						
	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															Swim Lessons 3:00p to 7:30p																							
	Lane 3				Swim Lessons 10:30a to 12:30		OPEN 8:00a to 8:30p																																
	Zero Depth																				OPEN 5:00a to 8:30p																		
	Whirlpool																																						
	Sauna																																						
	Steam Room																																						
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				CLOSED																																		
	Zero Depth																	OPEN 8:00a to 6:30p																					
	Slide																																						
	Whirlpool																																						
	Sauna																																						
Steam Room																																							
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				CLOSED					OPEN 12:00p to 3:30p																													
	Zero Depth																	OPEN 8:00a to 3:30p																					
	Slide																																						
	Whirlpool																																						
	Sauna																																						
Steam Room																																							
SUNDAY	Lane 1	FACILITY CLOSED								Open Swim 1:00p to 4:30p			CLOSED 4:30p																										
	Lane 2																																						
	Lane 3									OPEN 1:00p to 4:30p																													
	Zero Depth																		OPEN 1:00p to 4:30p																				
	Slide																																						
	Whirlpool																																						
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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.