



WEST CABARRUS YMCA LAP 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	Sailfish 5:00a to 6:15a										Sailfish 3:00p to 8:45p						CLOSED 8:45p		
	Lane 2																			
	Lane 3																			
	Lane 4											Sailfish 3:00p to 8:45p								
	Lane 5																			
	Lane 6																			
	Lane 7		Water Exercise 6:00a to 8:00a																	
	Lane 8																			
TUESDAY	Lane 1		Masters 6:00a to 7:00a									Sailfish 3:00p to 8:45p						CLOSED 8:45p		
	Lane 2																			
	Lane 3																			
	Lane 4											Sailfish 3:00p to 8:45p								
	Lane 5																			
	Lane 6																			
	Lane 7			Water Exercise 7:00a to 8:00a																
	Lane 8																			
WEDNESDAY	Lane 1	Sailfish 5:00a to 6:15a			U.S. Navy 7:30a to 9:30a							Sailfish 3:00p to 8:45p						CLOSED 8:45p		
	Lane 2																			
	Lane 3																			
	Lane 4											Sailfish 3:00p to 8:45p								
	Lane 5																			
	Lane 6																			
	Lane 7		Water Exercise 6:00a to 8:00a																	
	Lane 8																			
THURSDAY	Lane 1		Masters 6:00a to 7:00a									Sailfish 3:00p to 8:45p						CLOSED 8:45p		
	Lane 2																			
	Lane 3																			
	Lane 4											Sailfish 3:00p to 8:45p								
	Lane 5																			
	Lane 6																			
	Lane 7			Water Exercise 7:00a to 8:00a																
	Lane 8																			
FRIDAY	Lane 1		Masters 6:00a to 7:00a									Sailfish 3:00p to 6:45p				CLOSED 6:45p				
	Lane 2																			
	Lane 3																			
	Lane 4										Sailfish 3:00p to 6:45p									
	Lane 5																			
	Lane 6																			
	Lane 7		Water Exercise 6:00a to 8:00a																	
	Lane 8																			
SATURDAY	Lane 1	FACILITY CLOSED				Sailfish 8:00a to 1:00p								CLOSED 3:45p						
	Lane 2																			
	Lane 3																			
	Lane 4	FACILITY CLOSED				Sailfish 8:00a to 1:00p								CLOSED 3:45p						
	Lane 5																			
	Lane 6																			
	Lane 7	FACILITY CLOSED						Swim Lessons						CLOSED 3:45p						
	Lane 8																			
SUNDAY	Lane 1	FACILITY CLOSED									Seakers 1:00p to 4:45p			CLOSED 4:45p						
	Lane 2										Sailfish 1:00p to 4:45p									
	Lane 3																			
	Lane 4	FACILITY CLOSED													CLOSED 4:45p					
	Lane 5																			
	Lane 6																			
	Lane 7	FACILITY CLOSED													CLOSED 4:45p					
	Lane 8																			

= LAP SWIM = WATER AEROBICS = U.S. NAVY = SAILFISH = YMCA SWIM TEAM = 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.