FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST CABARRUS YMCA FAMILY FUN POOL SCHEDULE

November 16th – November 22nd

Pool Schedule Subject to Change Based on Staff Avalibility and Programs

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