FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST CABARRUS YMCA LAP POOL SCHEDULE

November 16th – November 22nd

Pool Schedule Subject to Change Based on Staff Availability 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	Sailfish 5:00a to 6:00a	High School Swim 6:00a to 7:15a									Sailfish 3:00p to 8:45p					CLOSED 8:45p
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5											High School Swim 3:00p to 7:00p					
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
TUESDAY	Lane 1		High School Swim 6:00a to 7:15a									Sailfish 3:00p to 4:00p	High School Swim Meet 4:00p to 9:00p				CLOSED 8:45p
	Lane 2																
	Lane 3																
	Lane 4		Masters 6:00a to 7:15a														
	Lane 5																
	Lane 6																
	Lane 7			Water Exercise 7:00a to 8:00a													
	Lane 8																
WEDNESDAY	Lane 1	Sailfish 5:00a to 6:00a	High School Swim 6:00a to 7:15a		U.S. Navy 7:30a to 9:30a							Sailfish 3:00p to 8:45p					CLOSED 8:45p
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5											High School Swim 3:00p to 7:00p					
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
THURSDAY	Lane 1		High School Swim 6:00a to 7:15a									Sailfish 3:00p to 8:45p					CLOSED 8:45p
	Lane 2																
	Lane 3																
	Lane 4		Masters 6:00a to 7:15a														
	Lane 5											High School Swim 3:00p to 7:00p					
	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																
	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																
	Lane 5																
	Lane 6						Swim Lessons										
	Lane 7																
	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																
	Lane 5																
	Lane 6																
	Lane 7																
	Lane 8																

= LAP SWIM = WATER AEROBICS = U.S. NAVY = SAILFISH = HIGH SCHOOL 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.