FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST CABARRUS YMCA LAP POOL SCHEDULE
November 23rd – November 29th
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	Sailfish 5:00a to 6:00a		High School Swim 7:00a to 8:00a	U.S. Navy 8:00a to 12:00p							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		Masters 6:00a to 7:00a	High School Swim 7:00a to 8:00a								Sailfish 3:00p to 8:45p					CLOSED 8:45p
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7			Water Exercise 7:00a to 8:00a													
	Lane 8																
WEDNESDAY	Lane 1			Sailfish 7:00a to 11:00a								Sailfish 3:00p to 5:00p			CLOSED 5:45p		
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7		Water Exercise 6:00a to 8:00a														
	Lane 8																
THURSDAY	Lane 1	CLOSED ALL DAY FOR THANKSGIVING															
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7																
	Lane 8																
FRIDAY	Lane 1											Sailfish 3:00p to 6:45p				CLOSED 6:45p	
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Lane 7																
	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																
	Lane 3									Sailfish 1:00p to 4:45p							
	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.