WEST CABARRUS YMCA LAP POOL SCHEDULE
November 2nd – November 8th
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	Sailfish 5:00a to 6:00a	High School Swim 6:00a to 7:15a									Sailfish 3:00p to 8:45p					CLOSED 8:45p
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6											High School Swim 3:00p to 4:00p					
Lane 7		Water Exercise 6:00a to 8:00a														
Lane 8																
TUESDAY		High School Swim 6:00a to 7:15a									Sailfish 3:00p to 8:45p					CLOSED 8:45p
Lane 1																
Lane 2																
Lane 3																
Lane 4		Masters 6:00a to 7:15a														
Lane 5																
Lane 6											High School Swim 3:00p to 4:00p					
Lane 7			Water Exercise 7:00a to 8:00a													
Lane 8																
WEDNESDAY	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 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6											High School Swim 3:00p to 4:00p					
Lane 7		Water Exercise 6:00a to 8:00a														
Lane 8																
THURSDAY		High School Swim 6:00a to 7:15a									Sailfish 3:00p to 8:45p					CLOSED 8:45p
Lane 1																
Lane 2																
Lane 3																
Lane 4		Masters 6:00a to 7:15a														
Lane 5																
Lane 6											High School Swim 3:00p to 4:00p					
Lane 7			Water Exercise 7:00a to 8:00a													
Lane 8																
FRIDAY		Masters 6:00a to 7:00a									Sailfish 3:00p to 6:45p				CLOSED 6:45p	
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																
Lane 7		Water Exercise 6:00a to 8:00a														
Lane 8																
SATURDAY	FACILITY CLOSED			Sailfish 8:00a to 1:00p							CLOSED 3:45p					
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6						Swim Lessons										
Lane 7																
Lane 8																
SUNDAY	FACILITY CLOSED								Seakers 1:00p to 4:45p				CLOSED 4:45p			
Lane 1																
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.