



West Cabarrus YMCA  
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[cannonymca.org/west-cabarrus](http://cannonymca.org/west-cabarrus)

## February 1 – February 10 | POOL SCHEDULE

### MONDAY / WEDNESDAY

Time	Lap Lanes								Family Fun Pool Lanes			Zero Entry
	1	2	3	4	5	6	7	8	1	2	3	
5:00–6:00am	OPEN								OPEN			OPEN
6:00–7:15am	SAILFISH MASTERS (W)				CANNON HS (M)			OPEN	WATER EXERCISE			OPEN
7:15–8:00am	OPEN								OPEN			OPEN
8:00–9:00am	OPEN						WATER EXERCISE		WATER EXERCISE			OPEN
9:00–11:00am	OPEN								WATER EXERCISE			OPEN
11:00–12:00pm	HOMESCHOOL (W)		OPEN						HOMESCHOOL (W)			OPEN
12:00–1:15pm	HOMESCHOOL (W)		OPEN						HOMESCHOOL (W)			OPEN
1:15–2:50pm	SAILFISH   HOMESCHOOL				OPEN				OPEN			OPEN
2:50–7:00pm	SAILFISH				HIGH SCHOOL			OPEN	SWIM LESSONS			OPEN
7:00–8:00pm	SAILFISH				HIGH SCHOOL			OPEN	WATER EXERCISE (M)			OPEN
8:00–8:40pm	SAILFISH				HIGH SCHOOL			OPEN	OPEN			OPEN

### TUESDAY / THURSDAY

Time	Lap Lanes								Family Fun Pool Lanes			Zero Entry
	1	2	3	4	5	6	7	8	1	2	3	
5:00–6:00am	OPEN								OPEN			OPEN
6:00–7:15am	SAILFISH MASTERS				CANNON HS			OPEN	WATER EXERCISE			OPEN
7:15–8:00am	OPEN								OPEN			OPEN
8:00–9:00am	OPEN						WATER EXERCISE (T)		WATER EXERCISE			OPEN
9:00–12:00pm	OPEN								WATER EXERCISE			OPEN
12:00–1:15pm	SAILFISH MASTERS				OPEN				OPEN			OPEN
1:15–2:50pm	SAILFISH   HOMESCHOOL				OPEN				OPEN			OPEN
2:50–7:00pm	SAILFISH				HIGH SCHOOL			OPEN	SWIM LESSONS			OPEN
7:00–8:00pm	SAILFISH				HIGH SCHOOL			OPEN	WATER EXERCISE			OPEN
8:00–8:40pm	SAILFISH				HIGH SCHOOL			OPEN	OPEN			OPEN

### FRIDAY

Time	Lap Lanes								Family Fun Pool Lanes			Zero Entry
	1	2	3	4	5	6	7	8	1	2	3	
5:00–6:00am	OPEN								OPEN			OPEN
6:00–7:15am	OPEN				CANNON HS				WATER EXERCISE			OPEN
7:15–8:00am	OPEN								OPEN			OPEN
8:00–9:00am	OPEN						WATER EXERCISE		WATER EXERCISE			OPEN
9:00–11:00am	OPEN								WATER EXERCISE			OPEN
11:00–1:15pm	OPEN								OPEN			OPEN
1:15–2:50pm	OPEN								OPEN			OPEN
2:50–8:40pm	SAILFISH				HIGH SCHOOL			OPEN	OPEN			OPEN

### SATURDAY

Time	Lap Lanes								Family Fun Pool Lanes			Zero Entry
	1	2	3	4	5	6	7	8	1	2	3	
8:00–9:00am	SAILFISH							OPEN	WATER EXERCISE			OPEN
9:00–11:00am	SAILFISH				OPEN				SWIM LESSONS			OPEN
11:00–1:00pm	SAILFISH				SWIM LESSONS		OPEN		SWIM LESSONS			OPEN
1:00–5:40pm	OPEN								OPEN			OPEN

### SUNDAY

Time	Lap Lanes								Family Fun Pool Lanes			Zero Entry
	1	2	3	4	5	6	7	8	1	2	3	
1:00–5:40pm	SAILFISH		OPEN						OPEN			OPEN

## ANNOUNCEMENTS

**High School Swim season will end February 9 and a new pool schedule will be available.**

**Aquatics is hiring Lifeguards, Swim Lesson Instructors and Water Fitness Instructors. Apply today.**

**Stroke Clinic is in March. Registration starts February 4 for Members | February 18 for Non-Members.**

**Blue Dolphins registration will be in March. More information coming soon.**

## SWIMMING SKILLS ASSESSMENT

The West Cabarrus YMCA is committed to providing a safe and enjoyable pool experience for everyone. All children ages 12 and under must participate in a swimming skills assessment and will be provided a red, yellow or green swim band. These bands assist our certified lifeguards in keeping our inexperienced swimmers safe.

### NON-SWIMMERS (RED Swim Band)

Children who cannot demonstrate the required skills in the list below, or children who do not wish to participate in the assessment, will be classified as non-swimmers.

- One adult can be responsible for no more than two non-swimmers not wearing life jackets.
- Non-swimmers under the age of 12 must remain in the designated areas and be actively supervised and be within arm's reach of an adult that is in the water.
- Non-swimmers are not allowed to use the slide.

### YELLOW BAND SWIM ASSESSMENT

Swimmer can stand in chest deep water, float on front for 3-5 seconds and recover into a standing position. Float on back for 3-5 seconds and recover into a standing position. Swim 15 feet without standing.

- Access to the zero entry area of the Family Fun Pool.
- Must have a parent/guardian over the age of 18 on the pool deck.
- May use the slide.

### GREEN BAND SWIM ASSESSMENT

Swimmer can jump into the deep end of the pool where the swimmer cannot touch. Swim on front from the deep end to the lifeguard chair, tread water for 30 seconds and swim on back, returning to the wall. **MUST NOT TOUCH THE WALL AT ANY TIME.**

- Access to both pools. If under the age of 10, a parent/guardian over the age of 18 must be on the pool deck.
- May use the slide.

### ADULT SUPERVISION

- Children ages 5-9 must have active adult supervision on the pool deck at all times.
- Youth ages 10-12 may use pools without a designated adult, if they are a green band swimmer.
- Youth ages 13 and older may use the pool without adult supervision.

### SEVERE WEATHER

In the event that lightning or thunder is present in our area, the Y requires immediate closure of all pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thunder.

### CONTAMINATION

In the event of bodily fluid contamination, the pool will be evacuated for cleaning and restoration and may remain closed for an extended period of time.

### POOL SAFETY RULES

- YMCA staff have final authority over all aquatics policies.
- We reserve the right to test and band any guest of any age using the pool.
- Parent/Guardian/Supervisor (18+) may have up to two non-swimmers in the water at the same time.
- Parent/Guardian/Supervisor (18+) must stay in the water when supervising non-swimmers.
- Personal Floatation Device is defined as a US Coast Guard approved Type II or II PFD (puddle jumper or life jacket).
- Instructional Floatation Devices (IFDs: noodles, bubbles, kickboards, etc.) may NOT be used in lieu of a PFD.

### POOL TEMPERATURE

As recommended by the National YMCA and water safety guidelines, the West Cabarrus YMCA Lap Pool is set to a temperature between 79°-81° and the Family Fun Pool is set to a temperature between 84°-87°.