



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MARCH, 2024- POOL SCHEDULE: WILLIAM G. WHITE, JR. FAMILY YMCA

Schedule is subject to change due to closures, cancellations, camp swim, and programming.

****There will be no lap swim available Mon-Thur from 6:00pm- 6:30pm due to programming****

Lap Swim – (LAP) Activity Lane(ACT)

Water Fitness – (WF)

Swim Lessons – (SL) (SAW)

Swim Teams – (TYDE) (FHE)

| MON/WED | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|--------------|-------------------------------|---------|--------|--------|----------|-----------------|-------------|
| 5-10AM | WF (7:45-8:30) SL (9-9:45) | ACT/LAP | LAP | LAP | WF(8:45) | WF (8:45) | WF (8:45) |
| 10AM-1:30PM | WF (11 Mon) | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 1:30- 3:30PM | OPEN | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 3:30-6PM | SL (Begin at 4:45) | TYDE | TYDE | TYDE | TYDE | TYDE(5:30-6:30) | ACT |
| 6-7PM | SL (Done at 6:30) | TYDE | TYDE | TYDE | TYDE | OPEN | SL (6-7:10) |
| 7:30-8:45PM | WF (7:15- Wed) | LAP | LAP | LAP | LAP | LAP/ACT | ACT |

| TUES/THUR | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|---------------|---------------------------------|--------|--------|--------|--------|-----------------|------------|
| 5-9:35AM | WF(7:45-Thur) WF (8:15-Tues) | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 9:35AM-1:30PM | WF (11:45- 12:30) | LAP | LAP | LAP | LAP | WF (12:30) | WF (12:30) |
| 1:30-3:30PM | OPEN | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 3:30-6PM | SL (Begin at 4:45) | TYDE | TYDE | TYDE | TYDE | TYDE(5:30-6:30) | ACT |
| 6-7:30PM | SL (Done at 8) | TYDE | TYDE | TYDE | TYDE | LAP/ACT | SL (6-8) |
| 7:30-8:45PM | OPEN | LAP | LAP | LAP | LAP | LAP/ACT | ACT |

| FRI | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-------------|-----------|-----------------------|--------|--------|-----------|------------------------------|-----------|
| 5-8:45AM | WF (7:45) | LAP | LAP | LAP | LAP | LAP/ACT | LAP |
| 8:45-10AM | OPEN | LAP ACT(8:45-9:30) | LAP | LAP | WF (8:45) | WF (8:45) | WF (8:45) |
| 10-3PM | OPEN | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 3:30-7:45PM | OPEN | TYDE(Done at 7) | TYDE | TYDE | TYDE | TYDE(5:30-6:30) WF (6:45) | WF (6:45) |

WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 www.wqwhiteymca.org

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."

A United Way Agency. Financial Assistance available



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| SAT | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-------------|----------|--------------------|--------|--------|--------|---------|--------|
| 7-8AM | OPEN | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 8-9AM | WF (8am) | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 9-11AM | SL | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 11AM-5:45PM | OPEN | SL (10:40-11:25AM) | LAP | LAP | LAP | LAP/ACT | ACT |

| SUN | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-----------|---------|--------|--------|--------|--------|---------|--------|
| 12-5:45PM | OPEN | LAP | LAP | LAP | LAP | LAP/ACT | ACT |

IMPORTANT NOTES:

- Multiple activities are often scheduled in this pool at the same time.
- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- If there are 2 swimmers in a lane they may elect to split the lane in half or circle swim; use circle swim when 3+ swimmers are in a lane.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

SWIM TEST POLICY:

- Children 8th grade and younger must be swim tested to determine swim level.
- All elementary age children (5th grade & under) must have a parent or guardian (18+) on pool deck/area at all times regardless of swim level.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), YELLOW (Beginner-shallow only), RED (Non-swimmer-shallow end only)
 - See Swim Test Policy for details regarding the swim tests.
 - RED level swimmers MUST be accompanied by an adult within arm's reach.
 - One adult cannot be responsible for more than 2 RED level swimmers. Personal Flotation Device is recommended for RED level swimmers.
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