



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

APRIL 2024 LAP POOL SCHEDULE – JERRY LONG FAMILY YMCA

KEY: ST: SWIM TEAM SG: SWIM GROUP
 Occurring Events: *TYDE PRACTICE APRIL 1 9a-10:30a
 *NO YOUTH TYDE PRACTICE APRIL 2-APRIL 5 3-7pm
 *Swim Team Try Outs April 20th (1p-2p) and 28st (4p-5p)

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6-7AM	LAP	LAP	LAP	LAP	LAP	LAP
7AM-3:15PM	LAP	LAP	LAP	LAP*	LAP*	LAP*
3:15-7:15PM	LAP	ST*	ST*	ST*	ST*	ST*
7:15-7:45PM	LAP	LAP	LAP	LAP	LAP	LAP
7:45-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6-7AM	LAP	LAP	ST	ST	ST	ST
7AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15-7:15PM	LAP	ST*	ST*	ST*	ST*	ST*
7:15-7:45PM	LAP	LAP	LAP	LAP	LAP	LAP
7:45-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6-7AM	LAP	LAP	ST	ST	ST	ST
7AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15-6:15PM	LAP	ST*	ST*	ST*	ST*	ST*
6:15-7:45PM	LAP	LAP	LAP	LAP	LAP	LAP

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7AM-5:45PM	LAP	LAP	LAP	LAP	LAP	LAP*

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12-1:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15-3PM	LAP	LAP	LAP	SG	SG	SG
3-5:45PM	LAP	LAP	LAP	LAP	LAP	LAP*



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

Lane allocation will adjust depending on participation numbers.

Lifeguard has final say so regarding pool policies and lanes usage.

Multiple activities are often scheduled in this pool at the same time.

- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- Lap lanes are for lap swimming only. All other activities need to be done in the program pool.
- To avoid accidents please get the swimmer's attention before entering an occupied lane.
- If there are 2 swimmers in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a lane.
- There is no guarantee for an individual lane.
- 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 (Shallow end- program pool only), RED (Non-swimmer-shallow end with adult in the water within arms reach-program pool only)
 - See Swim Test Policy for details regarding the swim tests
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

Any questions/concerns contact: Aquatics Director Lucia Colvin (336)712-2000 or l.colvin@ymcanwnc.org // Aquatics Coordinator Allison Little (336) 712-2000 (ext 6566) or a.little@ymcanwnc.org