



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## APRIL 2024 PROGRAM POOL SCHEDULE – JERRY LONG FAMILY YMCA

**Reoccurring Events:** Propel Swim Group Fridays 10am-1pm

**Out of School Days:** \*4/1-4/5 program pool will be closed from 12:45-3:15pm for the camp kids to swim

\*4/-4/6 WSFCS SPRING BREAK-NO SWIM LESSONS

**When slides are open the deep end of lanes 1&2 are closed!**

**KEY:**

**WF:** WATER FITNESS    **SHALLOW:** SHALLOW END OF POOL OPEN

**SL:** SWIM LESSONS    **DEEP:** DEEP END OF POOL OPEN

**ST:** SWIM TEAM    **SG:** SWIM GROUP

MONDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:15AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
8:15-9AM	OPEN	WF	WF	WF	WF	CLOSED
9-10:15AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
10:15A-12PM	OPEN	WF	WF	WF	WF	CLOSED
12-3PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
3-7:15PM	OPEN	SL/DEEP*	SL/DEEP*	SL*	SL*	CLOSED
7:15-8PM	OPEN	SL/WF	WF	WF	WF	CLOSED
8-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

TUESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-9AM	OPEN	WF	WF	WF	WF	CLOSED
9-10:15AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
10:15-11:45AM	OPEN	WF	WF	WF	WF	CLOSED
11:45AM-3PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
3-7:45PM	OPEN	SL/DEEP*	SL/DEEP*	SL*	SL*	CLOSED
7:45-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

WEDNESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-9:15AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
9:15-12PM	OPEN/SG	WF	WF	WF	WF	CLOSED
12-3PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
3-7PM	OPEN	SL/DEEP*	SL/DEEP*	SL*	SL*	CLOSED
7-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

THURSDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:15AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
8:15-11:45AM	OPEN	WF	WF	WF	WF	CLOSED
11:45AM-3PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
3-7:45PM	OPEN	SL/DEEP*	SL/DEEP*	SL*	SL*	CLOSED
7:45-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

**JERRY LONG FAMILY YMCA**

1150 S Peacehaven Road, Clemmons NC 27012

(O) 336 712 2000 (F) 336 712 2005 [www.jerrylongymca.org](http://www.jerrylongymca.org) A United Way Agency

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



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FRIDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:15AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
8:15-12PM	OPEN	WF	WF	WF	WF	CLOSED
12-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

SATURDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-9AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
9AM-12:15PM	OPEN	SL/DEEP	SL/DEEP	SL	SL	CLOSED
12:15-5:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

SUNDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
12-1:15PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
1:15-3:30PM	OPEN	SHALLOW	SHALLOW	SL	SL	OPEN
3:30-5:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

Lane allocation will adjust depending on participation numbers.

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

**Possible Makeup Swim Lessons on Fridays:** In the event Swim Lessons are cancelled during the week, we will do makeup between 4:30pm-8pm.

Lane 4 is frequently used for swim tests as needed.

Activity lanes are for use of individuals wanting to water jog or do water exercise not for lap swimming only. **Lap swimmers should continue to use the lap pool for true lap swimming.**

When slides are open the deep end on lanes 1 and 2 are closed.

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

Lane changes are made by the lifeguard 10-15 minutes before the time indicates.

- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use. Water fitness equipment is for Adult use ONLY.
- To avoid accidents please verify with lifeguard that slides are open as they may close when pool is busy even though schedule may indicate they are open.
- Children 8<sup>th</sup> grade and younger must be swim tested to determine swim level; All elementary age children (5<sup>th</sup> 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 only), RED (Non-swimmer-shallow end only with adult in the water within arms reach)
  - 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](mailto:l.colvin@ymcanwnc.org) // Aquatics Coordinator Allison Little (336) 712-2000 (ext 6566) or [a.little@ymcanwnc.org](mailto:a.little@ymcanwnc.org)

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