



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

MARCH 2024 PROGRAM POOL SCHEDULE – KERNERSVILLE FAMILY YMCA

MON/WED	LANE 1	LANE 2	LANE 3	LANE 4
6-7AM	OS	OS	LAP	LAP
7AM-12PM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
12-5PM	OS	OS	OS	LAP
5:15-6PM	SL	SL	SL	SL
6-6:45PM	WF: Shallow	WF: Shallow	SL	SL
7-8:30PM	OS	OS	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8-9:45AM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
9:45AM-5PM	OS	OS	OS	LAP
5-5:45PM	WF: Shallow	WF: Shallow	OS	LAP
5:45-7:25PM	SL	SL	SL	SL
7:25-8:30PM	OS	OS	LAP	LAP

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4
6AM-5PM	OS	OS	LAP	LAP
5-5:45 PM	WF: Shallow	WF: Shallow	OS	LAP
5:45-7:25PM	SL	SL	SL	SL
7:25-8:30PM	OS	OS	LAP	LAP

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8AM-12PM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
12-7:30PM	OS	OS	OS	LAP

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4
8-9AM	WF	WF	LAP	LAP
9-11:30AM	SL	SL	SL	SL
11:30A-5:30PM	OS	OS	OS	LAP

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4
1-3PM	SL	SL	SL	SL
3-5:30PM	OS	OS	OS	LAP

KEY:

WF: WATER FITNESS

SL: SWIM LESSONS

OS: OPEN SWIM

DEEP: DEEP END OF POOL

SHALLOW: SHALLOW END OF POOL

The Program Pool will be CLOSED during Preschool Swim Lessons and Out of School Days from 1:30-3:30pm.

Out of School Days:
MARCH: 03/4, 03/5, 03/29-04/08 (spring break)

KERNERSVILLE FAMILY YMCA

1113 West Mountain Street

Kernersville, NC 27284 P (0) 336 996 2231 (F) 336.996.8605 www.kernersvilleymca.org A United Way Agency

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



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- Lane allocation will adjust depending on participation numbers.
- Lifeguard is the authority regarding pool policies and lane usage.
- Multiple activities are often scheduled in this pool at the same time.
- Possible Make-ups for Swim Lessons on Fridays from 5:00-7:30pm (In the event swim lessons are canceled during the week, we will do makeup at this time).
- 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 the pool deck/area at all times regardless of swim level.
- Color bands must be worn – **GREEN** (Swimmer-can swim anywhere), **RED** (Non-swimmer-shallow end 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:

Patrick O'Toole, Aquatics Director, at p.otoole@ymcanwnc.org

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