



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY POOL SCHEDULE

KERNERSVILLE FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Feb 13-May 28, 2012</p> <p>At times the Community Pool will be hosting various swim teams. There will always be 2 lap lanes reserved for lap swimmers throughout each day. Please check with guard for exact lanes.</p> <p>Tyde Swim Meets: 10:30 am-2:30 pm Saturdays March 24 & May 19</p> <p>Lap Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.</p> <p>Directions If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.</p> <p>Speed Please try to choose a lane with swimmers that most nearly match your speed.</p>	<p>5:00-8:00 Open Swim Lanes 1-8</p> <p>8:00-5:00 Open Swim 3 Lanes Lap Swim 5 Lanes</p> <p>5:00-9:00 Lap Swimming Lanes 1-4 Swim Teams Lanes 4-8</p>	<p>5:00-7:30 Open Swim Lanes 1-8</p> <p>2:00-5:00 pm Lap Swim 8 Lanes</p> <p>5:00-9:00 Lap Swimming Lanes 1-4 Swim Teams Lanes 4-8</p>	<p>5:00-8:00 Open Swim Lanes 1-8</p> <p>8:00-5:00 Open Swim 3 Lanes Lap Swim 5 Lanes</p> <p>5:00-9:00 Lap Swimming Lanes 1-4 Swim Teams Lanes 4-8</p>	<p>5:00-7:30 Open Swim Lanes 1-8</p> <p>2:00-5:00 pm Lap Swim 8 Lanes</p> <p>5:00-9:00 Lap Swimming Lanes 1-4 Swim Teams Lanes 4-8</p>	<p>5:00-8:00 Open Swim Lanes 1-8</p> <p>8:00-5:00 Open Swim 3 Lanes Lap Swim 5 Lanes</p> <p>5:00-8:30 Lap Swimming Lanes 1-4 Swim Teams Lanes 5-8</p>	<p>8-4 Lap Swim 5 Lanes Open Swim 3 Lanes</p>	<p>1-5 Lap Swim 5 Lanes Open Swim 3 Lanes</p>

Kernersville Family YMCA

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