



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROGRAM POOL SCHEDULE

## KERNERSVILLE FAMILY YMCA

Feb-May, 2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule begins February 13 and is subject to change.	5:30-8 Open	5:30-9:30 Open	5:30-8 Open	5:30-9:30 Open	5:30-8 Open		
<b>Open Swim:</b> Available for free swim and exercise swim. No scheduled classes during this time.	8-2 Programs	9:30-1:30 Programs	8-2 Programs	9:30-1:30 Programs	8-2 Programs	8-12 Programs	
<b>Program Swim:</b> Limited space will be available at this time for free swim and exercise swim as scheduled classes will be in progress. Noise levels should remain at a whisper during these times so class participants can hear the instructors.	2-6 Open	1:30-4 Open	2-6 Open	1:30-4 Open	2-6 Open	12-5:30 Open	1-3:30 Programs
	6-8 Programs	4-8:30 Programs	6-8 Programs	4-8:30 Programs	6-7 Programs		3:30-5:30 Open
	8-9:30 Open	7:30-9:30 Open	8-9:30 Open	7:30-9:30 Open	7-8:30 Open		
<b>Swim Test:</b> Children 8-11 years old may choose to take a swim test to allow them to swim without parental guidance in the water. To pass the swim test, the child must be able to jump in the deep end, swim to the rope, turn around swim back to the wall on their back and then tread water for 30 seconds. Times available for this test are: Tues/Thurs 4-6:30 pm and Sunday 2-4:30 pm. Parents must accompany child when swim test is given.							

### Kernersville Family YMCA

1113 W. Mountain Street, Kernersville, NC 27284

P 336 996 2231 F 336 996 8605 [www.kernersvilleymca.org](http://www.kernersvilleymca.org) A United Way Agency

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