



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

AUGUST 2022 PROGRAM POOL SCHEDULE - KERNERSVILLE FAMILY YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8-10AM	WF: Shallow	WF: Shallow	WF: Shallow	SL
10A-12PM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
12-1PM	WF: Deep	WF: Deep	WF: Deep	WF: Deep
1-5PM	OS	OS	OS	LAP
5-6:50 PM	SL	SL	SL	SL
6:50-7:40PM	WF: Shallow	WF: Shallow	SL	SL
7:40-8:45PM	OS	OS	LAP	LAP

KEY:

- WF: WATER FITNESS
- SL: SWIM LESSONS
- OS: OPEN SWIM
- DEEP: DEEP END OF POOL
- SHALLOW: SHALLOW END OF POOL

Program Pool will be closed during Evening/Weekend Swim Lessons

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8-9AM	WF: Shallow	WF: Shallow	WF: Shallow	SL
9-10AM	OS	OS	OS	SL
10AM-5PM	OS	OS	OS	LAP
5-6PM	WF: Shallow	WF: Shallow	SL	SL
6-7:40 PM	SL	SL	SL	SL
7:40-8:45PM	OS	OS	LAP	LAP

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8-10AM	WF: Shallow	WF: Shallow	WF: Shallow	SL
10AM-12PM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
12-5PM	OS	OS	OS	LAP
5-6:50PM	SL	SL	SL	SL
6:50-7:40PM	WF: Shallow	WF: Shallow	SL	SL
7:40-8:45PM	OS	OS	LAP	LAP

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8-9AM	WF: Shallow	WF: Shallow	WF: Shallow	SL
9-10AM	OS	OS	OS	SL
10-5PM	OS	OS	OS	LAP
5-6PM	WF: Shallow	WF: Shallow	WF: Shallow	SL
6-7:40 PM	SL	SL	SL	SL
7:40-8:45PM	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
2:45-7:45PM	OS	OS	OS	LAP

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



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SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4
8-9AM	WF	WF	LAP	LAP
9A-12PM	SL	SL	SL	SL
12-5:30PM	OS	OS	OS	LAP

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

- Evening Water Fitness begins the week of August 15
- 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.
- Possible Make-ups for Swim Lessons on Friday's from 5:00-7:30 (In the event Swim Lessons are canceled during the week, we will do makeup at this time).
- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- 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), 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:

Senior Aquatics Director, Chris Tapler (336)996-2231 ext. 6422 or c.tapler@ymcanwnc.org

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