



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUGUST 2022 - POOL SCHEDULE: WILLIAM G WHITE, JR FAMILY YMCA

Schedule is subject to change due to closures, cancellations, camp swim, and programming.
****There will be no lap swim available Mon-Thur from 5:30pm - 6:00pm due to programming****

Reserved Lap Swim - (RLS)
Water Fitness - (WF)
Swim Lessons - (SL)
Swim Team - (TEAM) starts 8/29
Activity Lane - (ACT)

| MON/WED | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-------------|----------------------------------|-----------------|----------------|--------|--------|-----------|------------------|
| 5-8:45AM | OPEN | RLS | LAP | LAP | LAP | LAP | LAP |
| 8:45-10AM | OPEN | RLS | LAP | LAP | LAP | WF (8:45) | WF (8:45) |
| 10-11AM | OPEN | RLS | LAP | LAP | LAP | LAP | ACT |
| 11AM-1PM | WF (11:00-Mon) (11:45-Wed) | LAP | LAP | LAP | LAP | LAP | ACT |
| 1-3:30PM | CAMP 8/26 (M) | LAP | LAP | LAP | LAP | LAP | ACT |
| 3:30-6:30PM | SL (5:15) | TEAM (B2/B1) | TEAM (S3/4) | LAP | LAP | LAP | ACT SL (6:05) |
| 6:30-7PM | SL | TEAM (B3/4) | TEAM (HS) | LAP | LAP | LAP | SL (6:55) |
| 7-7:45PM | OPEN WF (7:15-Wed) | TEAM | TEAM | LAP | LAP | LAP | SL |
| 7:45-8:45PM | OPEN | LAP | LAP | LAP | LAP | LAP | LAP |

| TUES/THUR | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-------------|-----------------------|----------------|--------------|--------|--------|--------------------------|--------------------------|
| 5-7:45AM | OPEN | RLS | LAP | LAP | LAP | LAP | LAP |
| 7:45-10AM | WF (7:45-8:30) SL) | RLS | LAP | LAP | LAP | LAP | ACT |
| 10-11AM | OPEN | RLS | LAP | LAP | LAP | LAP | ACT |
| 12:15PM-1PM | OPEN | LAP | LAP | LAP | LAP | WF (Tues) Lap (Thurs) | WF (Tues) ACT (Thurs) |
| 1-3:30PM | CAMP 8/26 | LAP | LAP | LAP | LAP | LAP | LAP |
| 3:30-6PM | SL (5:15) | LAP | LAP | LAP | LAP | LAP | ACT LAP (5:00) |
| 6-7PM | SL | TEAM (B3/4) | TEAM (HS) | LAP | LAP | LAP | SL |
| 7-8:45PM | OPEN | TEAM | TEAM | LAP | LAP | LAP | SL (until 7:45) |

| FRI | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-----------|---------|--------|--------|--------|--------|-----------|-----------|
| 5-8:45AM | OPEN | RLS | LAP | LAP | LAP | LAP | LAP |
| 8:45-10AM | OPEN | RLS | LAP | LAP | LAP | WF (8:45) | WF (8:45) |
| 10-1PM | OPEN | RLS | LAP | LAP | LAP | LAP | ACT |
| 1-3:30PM | CAMP | LAP | LAP | LAP | LAP | LAP | ACT |
| 3:30-6PM | OPEN | TEAM | TEAM | LAP | LAP | LAP | LAP |
| 6-7PM | OPEN | TEAM | TEAM | LAP | LAP | LAP | LAP |
| 7-7:45PM | OPEN | LAP | LAP | LAP | LAP | LAP | LAP |

WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 www.wgwhiteymca.org

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

A United Way Agency. Financial Assistance available.



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| SAT | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|--------------|----------|--------|--------|--------|--------|--------|--------|
| 7-8AM | OPEN | LAP | LAP | LAP | LAP | LAP | LAP |
| 8-9AM | WF (8am) | LAP | LAP | LAP | LAP | LAP | LAP |
| 9-12:30AM | SL | LAP | LAP | LAP | LAP | LAP | ACT |
| 12:30-4:45PM | OPEN | LAP | LAP | LAP | LAP | LAP | ACT |

| SUN | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-----------|---------|--------|--------|--------|--------|--------|--------|
| 12-4:45PM | OPEN | LAP | LAP | LAP | LAP | LAP | ACT |

IMPORTANT NOTES:

- Multiple activities are often scheduled in this pool at the same time.
- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- If there are 2 swimmers in a lane they may elect to split the lane in half or circle swim; use circle swim when 3+ swimmers are in a lane.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

SWIM TEST POLICY:

- 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), YELLOW (Beginner-shallow only), RED (Non-swimmer-shallow end only)
 - See Swim Test Policy for details regarding the swim tests.
 - RED level swimmers MUST be accompanied by an adult within arm's reach.
 - One adult cannot be responsible for more than 2 RED level swimmers. Personal Flotation Device is recommended for RED level swimmers.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

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