



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

**Schedule is subject to change due to closures, cancellations, camp swim, and programming.**  
**\*\*TYDE Swim Team will begin Practice the week of 8/29/2022\*\***

**Reserved Lap Swim - (RLS)**  
**Water Fitness - (WF)**  
**Swim Lessons - (SL)**  
**Swim Team - (TEAM) starts 8/29/2022**  
**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       | LA ACT           |
| 8:45-10AM   | OPEN                             | RLS    | LAP    | LAP    | LAP    | WF (8:45) | WF (8:45)        |
| 10AM-11PM   | OPEN                             | RLS    | LAP    | LAP    | LAP    | LAP       | ACT              |
| 11AM-1PM    | WF<br>(11:00-Mon)<br>(11:45-Wed) | LAP    | LAP    | LAP    | LAP    | LAP       | ACT              |
| 1-3:30PM    | OPEN                             | LAP    | LAP    | LAP    | LAP    | LAP       | ACT              |
| 3:30-7PM    | SL (5:15)                        | TEAM   | TEAM   | TEAM   | TEAM   | LAP       | LAP<br>SL (6:05) |
| 7-7:45PM    | OPEN<br>WF (7:15-Wed)            | TEAM   | TEAM   | TEAM   | TEAM   | LAP       | SL (6:55)        |
| 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                    | RLS    | LAP    | LAP    | LAP    | LAP                      | ACT                      |
| 10-11AM     | OPEN                  | RLS    | LAP    | LAP    | LAP    | LAP                      | ACT                      |
| 11AM-1PM    | OPEN                  | LAP    | LAP    | LAP    | LAP    | WF (Tues)<br>Lap (Thurs) | WF (Tues)<br>ACT (Thurs) |
| 1-3:30PM    | OPEN                  | LAP    | LAP    | LAP    | LAP    | LAP                      | ACT                      |
| 3:30-7PM    | SL (5:15)             | TEAM   | TEAM   | TEAM   | TEAM   | LAP                      | LAP<br>SL (6:05)         |
| 7-7:45PM    | OPEN<br>WF (7:15-Wed) | TEAM   | TEAM   | TEAM   | TEAM   | LAP                      | SL (6:55)                |
| 7:45-8:45PM | OPEN                  | LAP    | LAP    | LAP    | LAP    | LAP                      | LAP                      |

| 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) |
| 10-12PM   | OPEN    | RLS    | LAP    | LAP    | LAP    | LAP       | ACT       |
| 12-3:30PM | OPEN    | LAP    | LAP    | LAP    | LAP    | LAP       | ACT       |
| 3:30-6PM  | OPEN    | TEAM   | TEAM   | TEAM   | TEAM   | LAP       | LAP       |
| 6-7PM     | OPEN    | TEAM   | TEAM   | TEAM   | TEAM   | LAP       | LAP       |
| 7-7:45PM  | OPEN    | TEAM   | TEAM   | TEAM   | TEAM   | LAP       | LAP       |

### WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 [www.wgwhiteymca.org](http://www.wgwhiteymca.org)

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

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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    |
| 9-11:30AM    | SL       | LAP    | LAP    | LAP    | LAP    | LAP    | ACT    |
| 11:40-4:45PM | 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 8<sup>th</sup> grade and younger must be swim tested to determine swim level.
- All elementary age children (5<sup>th</sup> 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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