



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**SEPTEMBER 2023 PROGRAM POOL SCHEDULE - STOKES FAMILY YMCA**

**HOLIDAY HOURS:** Labor Day 8am-4pm  
**OUT OF SCHOOL DAYS:** 9/25 Camp Swim 12:45pm-3:15pm lanes 1-2 & 4-6

**KEY:**

**WF:** WATER FITNESS      **SHALLOW:** SHALLOW END OF POOL      **SL:** SWIM LESSONS  
**DEEP:** DEEP END OF POOL      **ST:** SWIM TEAM      **SG:** SWIM GROUP

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-10:30AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A-5PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5-6PM	SL	SL	LAP	TYDE	TYDE	TYDE	
6-6:50PM	SL	SL	SL	LAP	LAP	LAP	
6:50-7:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-10AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10-11AM	WF	WF	WF	LAP	LAP	LAP	SHALLOW ONLY
11AM-12PM	WF	WF	WF	LAP	LAP	LAP	DEEP END ONLY
12-5PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5-6PM	SL/WF	SL/WF	LAP	TYDE	TYDE	TYDE	
6-6:30PM	SL/WF	SL/WF	SL	LAP	LAP	LAP	
6:30-6:50PM	SL	SL	SL	LAP	LAP	LAP	
6:50-7:45PM	SL	SL	LAP	LAP	LAP	LAP	

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-9AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9-10:20AM	SL	SL	LAP	LAP	LAP	LAP	LANES 1-2
10:20-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A-7:45P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

**STOKES FAMILY YMCA**

105 Moore Road

King, NC 27021 P (0) 336 985 9622 (F) 336 985 8605 [www.stokesymca.org](http://www.stokesymca.org) A United Way Agency

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



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THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-10AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10-11AM	WF	WF	WF	LAP	LAP	LAP	SHALLOW ONLY
11AM-12PM	WF	WF	WF	LAP	LAP	LAP	DEEP END ONLY
12-5PM	OPEN	OPEN	LAP	LAP	LAP	LAP	
5-6PM	SL/WF	SL/WF	LAP	TYDE	TYDE	TYDE	
6-6:30PM	SL/WF	SL/WF	SL	LAP	LAP	LAP	
6:30-6:50PM	SL	SL	SL	LAP	LAP	LAP	
6:50-7:45PM	SL	SL	LAP	LAP	LAP	LAP	

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-9AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9-10AM	SL	SL	LAP	LAP	LAP	LAP	DEEP END ONLY
10-10:30AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A-7:45P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
8-9:15AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9:15-9:50AM	SL	SL	SL	LAP	LAP	OPEN	LANE 6
9:50-11:15AM	SL	SL	LAP	LAP	LAP	OPEN	LANE 6
11:15AM-12PM	OPEN	OPEN	SL	LAP	LAP	LAP	LANES 1-2
12-12:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

Lane allocation will adjust depending on participation numbers.

Lifeguard has final say so regarding pool policies and lanes usage.

(Possible Makeup Swim Lessons) listed on Wednesday and Friday: In the event Swim Lessons are canceled during the week, we will do makeup between 5pm-8pm.

Lanes 1 and 6 are frequently used for swim tests as needed.

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.
- To avoid accidents please get the swimmer's attention that you are there before entering an occupied lane.
- If there are 2 swimmers in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a lane.
- There is no guarantee for an individual lane.
- 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), 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:** Aquatics Director Lucia Colvin (336)986-9622 or [l.colvin@ymcanwnc.org](mailto:l.colvin@ymcanwnc.org)

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