



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

OCTOBER 1 – 22, 2023- 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

Lap Swim – (LAP) Activity Lane(ACT)
Water Fitness – (WF)
Swim Lessons – (SL) (SAW)
Swim Teams – (TYDE) (FHE)

MON/WED	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-10AM	WF (7:45-8:30) SL (9-9:45)	LAP	LAP	LAP	LAP	WF (8:45-9:30)	WF (8:45-9:30)
10AM-1:30PM	WF (11 Mon) SAW (12-2Wed)	LAP	LAP	LAP	LAP	LAP	ACT
1:30- 3:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
3:30-6PM	SL (4:45)	TYDE	TYDE	TYDE	TYDE	TYDE(5:30-6:30)	SL (Begin at 5:30)
6-7PM	SL	TYDE	TYDE	TYDE	TYDE	LAP	SL (Done at 6:30)
7-8:45PM	WF (7:15- Wed)	LAP	LAP	LAP	LAP	LAP	ACT

TUES/THUR	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-9:35AM	WF(7:45-Thur) WF (8:15-Tues)	LAP	LAP	LAP	LAP	LAP	ACT
9:35AM-1:30PM	SAW(9:35-11:45) WF (11:45-12:30)	LAP	LAP	LAP	LAP	WF (12:30)	WF (12:30)
1:30-3:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
3:30-6PM	SL (4:45)	TYDE	TYDE	TYDE	TYDE	TYDE(5:30-6:30)	SL (Begin at 5:30)
6-7:30PM	SL	TYDE	TYDE	TYDE	TYDE	LAP	SL (Done at 6:30)
7:30-8:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT

FRI	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-8:45AM	WF (7:45)	LAP	LAP	LAP	LAP	LAP	LAP
8:45-10AM	OPEN	LAP	LAP	LAP	LAP	WF (8:45)	WF (8:45)
10-12PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
12-3:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
3:30-7:45PM	OPEN	TYDE	TYDE	TYDE	TYDE	TYDE(5:30-6:30)	ACT

WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 www.wqwhiteymca.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	ACT
8-9AM	WF (8am)	LAP	LAP	LAP	LAP	LAP	ACT
9AM-12PM	SL	LAP	LAP	LAP	LAP	LAP	ACT
12-4:45PM	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 (Nonswimmer-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.
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