



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## NOVEMBER 2023 COMMUNITY POOL SCHEDULE- KERNERSVILLE YMCA

### NOVEMBER SWIM MEETS & EVENTS:

**Nov 3, Fri, 4-9pm:** TYDE Tailgate Meet

**Nov 11-12, Sat-Sun, ALL DAY:** SFSC Fall Harvest Swim Meet

Nov 15, Wed, 6-9pm: High School Swim Meet

Nov 17, Friday, 6-9pm High School Swim Meet

Nov 29, Wed, 6-9pm, High School Swim Meet

MON	LANE 1	LANE2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
5AM-5:15PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
5:15-6:15PM	OPEN	LAP	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
6:15-7:15PM	OPEN	OPEN	LAP	LAP	LAP	TYDE	TYDE	TYDE
7:15-7:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	TYDE
7:30-8:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

TUE/THUR	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
5AM-5:15PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
5:15-6:15PM	OPEN	LAP	LAP	LAP	TYDE	TYDE	TYDE	TYDE
6:15-7:15PM	OPEN	OPEN	LAP	LAP	LAP	TYDE	TYDE	TYDE
7:15-7:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	TYDE
7:30-8:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

WED	LANE 1	LANE2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
5AM-5:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
5:30-6:15PM	OPEN	OPEN	LAP	LAP	LAP	LAP	TYDE	TYDE
6:15-7:15PM	OPEN	OPEN	LAP	LAP	LAP	TYDE	TYDE	TYDE
7:15-7:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	TYDE
7:30-8:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

FRI	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
5AM-7:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

SATURDAY	LANE 1	LANE 2	LANE3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
8AM-5:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

SUNDAY	LANE1	LANE 2	LANE3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1-5:30 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

Lane allocation will adjust depending on participation numbers.

#### KERNERSVILLE FAMILY YMCA

1113 West Mountain Street

Kernersville, NC 27284 P (O) 336 996 2231 (F) 336.996.8605 [www.kernersvillaymca.org](http://www.kernersvillaymca.org) A United Way Agency

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



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Lifeguard is the authority regarding pool policies and lane usage..

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 2 swimmers are in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a 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, Patrick O'Toole at [p.otoole@ymcanwnc.org](mailto:p.otoole@ymcanwnc.org)