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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## March 2024 POOL SCHEDULE - STOKES FAMILY YMCA

**REOCCURRING EVENTS:** Out of school day 03/05 and Camp Swim will be from 12:45-3:15pm lanes 1-2 & 4-6. \*Outside swim groups on the 1<sup>st</sup> Friday of the month 03/08 from 9:00-10:00am.

### KEY:

**WF:** WATER FITNESS

**SHALLOW:** SHALLOW END OF POOL

**SAW=** Safety around Water swim Lessons

**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
10:30-11:15AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15 A - 5:00 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5-6:00PM	SL	SL	LAP	TYDE	TYDE	TYDE	
5:45-7:00 PM	SL	SL	LAP	LAP	LAP	LAP	
7:00-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

TUESDAY/ THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00-10:00AM	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
12-5:00PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5-6:15 PM	SL/WF	SL/WF	LAP	TYDE	TYDE	TYDE	
6-7:45PM	SL	SL	LAP	LAP	LAP	SL	
7:45-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-10:30 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-9:00A	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9-10A	OPEN/*SG	OPEN/*SG	LAP	LAP	LAP	LAP	DEEP END ONLY
10-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A-1:00P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
1:00-7:45 P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

### STOKES FAMILY YMCA

105 Moore Road

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

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SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
8-9:00AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9:00A-12:45P	SL	SL	SL	LAP	LAP	OPEN	LANE 6 ONLY
12-4:45PM	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 on Wednesday and Friday: In the event Swim Lessons are canceled during the week, we will do makeup between 5pm-8pm.

Lane 6 is 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), YELLOW (Shallow end only), 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 Allison Charles (336)985-9622 or [a.charles@ymcanwnc.org](mailto:a.charles@ymcanwnc.org)

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