



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

JUNE & JULY 2024 PROGRAM POOL SCHEDULE - KERNERSVILLE FAMILY YMCA

MON/WED	LANE 1	LANE 2	LANE 3	LANE 4
6-7AM	OS	OS	LAP	LAP
7AM-12PM	WATER	FITNESS	SHALLOW	
12:30-3:30	CAMP SWIM			
3:30PM-5PM	OS	OS	OS	LAP
5:00-6PM				SWIM
6-7:30PM	W FITNESS	SHALLOW	LESSONS	
7-8:30PM	OS	OS	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8-9:45AM	WATER	FITNESS	SHALLOW	
9:45AM-12:30PM	OS	OS	OS	LAP
12:30-3:30	CAMP SWIM			
5-5:45PM	W FITNESS	SHALLOW	OS	LAP
5:45-7:25PM			SWIM	LESSONS
7:25-8:30PM	OS	OS	LAP	LAP

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4
6AM-12:30PM	OS	OS	LAP	LAP
12:30-3:30	CAMP SWIM			
5-5:45 PM	W FITNESS	SHALLOW	OS	LAP
5:45-7:25PM			SWIM	LESSONS
7:25-8:30PM	OS	OS	LAP	LAP

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8AM-12PM	WATER	FITNESS	SHALLOW	
12:30-3:30PM	CAMP SWIM			
3:30-7:30PM	OS	OS	OS	LAP

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4
8-9AM	W FITNESS	SHALLOW	LAP	LAP
9-12:05PM			SWIM	LESSONS
12:10-5:30PM	OS	OS	OS	LAP

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4
1-3PM			SWIM	LESSONS
3-5:30PM	OS	OS	OS	LAP

KEY:
 WF: WATER FITNESS
 SL: SWIM LESSONS
 OS: OPEN SWIM
 DEEP: DEEP END OF POOL
 SHALLOW: SHALLOW END OF POOL

The Program Pool will be **CLOSED** during Preschool Swim Lessons. In addition, it will be **CLOSED** for Summer Day Camp from 12:30-3:30pm M-F.

Holiday Hours:
 JULY 4th, 8AM-3:30PM

KERNERSVILLE FAMILY YMCA

1113 West Mountain Street

Kernersville, NC 27284 P (0) 336 996 2231 (F) 336.996.8605 www.kernersvilleymca.org A United Way Agency

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- Lane allocation will adjust depending on participation numbers.
- Lifeguard is the authority regarding pool policies and lane usage.
- Multiple activities are often scheduled in this pool at the same time.
- Possible Make-ups for Swim Lessons on Fridays from 5:00–7:30pm (In the event swim lessons are canceled during the week, we will do makeup at this time).
- 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 the 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:
Front Desk Membership (336) 996-2231

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