



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JULY 2024 LAP POOL SCHEDULE – JERRY LONG FAMILY YMCA

**HOLIDAY HOURS:** July 4<sup>th</sup> 8am-4pm

**CAMP SWIM TESTS:** Monday & Tuesdays 12:15-2:45pm Lane 1 Closed 6/10-8/6

**SWIM TESTS:** Lane 1 will be used for swim tests as needed when program pool is being used for programming

**KEY:**

**ST:** SWIM TEAM

**SG:** SWIM GROUP

**CAMP:** CAMP SWIM TESTS

**SL:** SWIM LESSONS

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-10:20AM	LAP	LAP	LAP	LAP	LAP	LAP
10:20-11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM-12:15PM	LAP	LAP	LAP	LAP	LAP	LAP
12:15-2:45PM	CAMP	LAP	LAP	LAP	LAP	LAP
2:45-3:30PM	LAP	LAP	LAP	LAP	LAP	LAP
3:30-6:30PM	LAP	LAP	ST	ST	ST	ST
6:30-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6-7AM	LAP	LAP	ST	ST	ST	ST
7-9AM	LAP	LAP	LAP	ST	ST	ST
9-10:20AM	LAP	LAP	LAP	LAP	LAP	LAP
10:20-11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM-12:15PM	LAP	LAP	LAP	LAP	LAP	LAP
12:15-2:45PM	CAMP	LAP	LAP	LAP	LAP	LAP
2:45-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-10:20AM	LAP	LAP	LAP	LAP	LAP	LAP
10:20-11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM-3:30PM	LAP	LAP	LAP	LAP	LAP	LAP
3:30-6:30PM	LAP	LAP	ST	ST	ST	ST
6:30-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6-7AM	LAP	LAP	ST	ST	ST	ST
7-9AM	LAP	LAP	LAP	ST	ST	ST
9-10:20AM	LAP	LAP	LAP	LAP	LAP	LAP
10:20-11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

**JERRY LONG FAMILY YMCA**

1150 S Peacehaven Road, Clemmons NC 27012

(O) 336 712 2000 (F) 336 712 2005 [www.jerrylongymca.org](http://www.jerrylongymca.org) A United Way Agency

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



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FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-6AM	LAP	LAP	LAP	LAP	LAP	LAP
6-7AM	LAP	LAP	ST	ST	ST	ST
7AM-3:45PM	LAP	LAP	LAP	LAP	LAP	LAP
3:45-6:30PM	LAP	LAP	ST	ST	ST	ST
6:30-7:45PM	LAP	LAP	LAP	LAP	LAP	LAP

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7AM-5:45PM	LAP	LAP	LAP	LAP	LAP	LAP

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12-1:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15-3PM	LAP	LAP	LAP	SG	SG	SG
3-5:45PM	LAP	LAP	LAP	LAP	LAP	LAP

Lane allocation will adjust depending on participation numbers.

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

Lifeguard has the right to retest any swimmer they feel is not swimming to their tested ability.

Possible makeup swim lessons on Fridays: In the event swim lessons are cancelled during the week, we will do makeup between 10:20-11:05AM.

Lane 1 is frequently used for swim tests as needed.

Multiple activities are often scheduled in this pool at the same time.

- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- Lap lanes are for lap swimming only. All other activities need to be done in the program pool in the activity lanes.
- 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-program pool only), RED (Non-swimmer-shallow end with adult in the water within arms reach-program pool 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)712-2000 or

[l.colvin@ymcanwnc.org](mailto:l.colvin@ymcanwnc.org)

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