



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 2024 POOL SCHEDULE – Stokes Family YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00- 9:00A	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9:00- 10:30A	SAW	SAW	SAW	LAP	LAP	LAP	NO OPEN SWIM
10:30-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A –5:15P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5:15-5:45P	SL	SL	LAP	LAP	LAP	LAP	NO OPEN SWIM
5:45-7:10P	SL	SL	LAP	LAP	LAP	SL	NO OPEN SWIM
7:10-8:45P	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
5:00-10:00A	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:00-11:00A	WF	WF	WF	WF	LAP	LAP	SHALLOW ONLY
11:00A-12P	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
12-5:15P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5:15-7:45P	SL/WF	SL/WF	SL/WF	LAP	LAP	SL	NO OPEN SWIM
7:45-8:45P	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 – 10:30A	OPEN	OPEN	LAP	LAP	LAP	LAP	LANE 1-2
10:30-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A –8:45P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-10:30A	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30 –11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15-7:45P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
8-9:15A	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9:15A-1:00P	SL	SL	SL	LAP	LAP	OPEN	LANE 6 ONLY
1:00-4:45P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

Key:

WF: Water Fitness **Shallow:** Shallow end of pool

SL: Swim Lessons **DEEP:** Deep end of pool

CAMP: Camp Swim **ST:** Swim Team **SG:** Swim Group

Out of School Days: 10/4, 11, 18 1-2pm camp swim

SAW runs every Monday 9-11am starting 10/7

STOKES FAMILY YMCA

105 Moore Road King, NC 27021

(O) 336 985 9622 (F) 336 985 8605 www.ymcanwnc.org A United Way Agency

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



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- 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 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 (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.

Please contact Jenna Patton at j.patton@ymcanwnc.org with any questions, comments, or concerns.

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