



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NOVEMBER 2024 POOL SCHEDULE – FULTON FAMILY YMCA

KEY:

WF: WATER FITNESS **SHALLOW:** SHALLOW END OF POOL **SAW:** SAFETY AROUND WATER
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
7:00-9:15AM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1
9:15-11:00AM	SAW	SAW	LAP	LAP	SAW	SAW	NO OPEN SWIM
11:00AM-12:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
7:00-9:30AM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1
9:30-11:00AM	WF	WF	LAP	LAP	LAP	LAP	DEEP END
11 AM-12:45 PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
7:00-8:30AM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1
8:30AM-12:15PM	SAW	SAW	LAP	LAP	SAW	SAW	NO OPEN SWIM
12:15-12:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
7:00-9:30AM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1
9:30 – 11 AM	WF	WF	LAP	LAP	LAP	LAP	DEEP END
11 AM – 12:45 PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
7:00 – 12:45 PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

FULTON FAMILY YMCA

385 W Hanes Mill RD Winston - Salem, NC 27105

(O) 336 661 1093 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.
- 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.

Any questions/concerns contact: Jenna Patton at (336) 712-2000 or j.patton@ymcanwnc.org

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