



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DECEMBER 2024 PROGRAM POOL SCHEDULE - KERNERSVILLE YMCA

MON / WED	SHALLOW END	DEEP END
6AM-7AM	OPEN SWIM	OPEN SWIM
7AM-12PM	WATER FITNESS	OPEN SWIM
12PM-5PM	OPEN SWIM	OPEN SWIM
5PM-6PM	SWIM LESSONS	SWIM LESSONS
6PM-7PM	WATER FITNESS	SWIM LESSONS
7PM-8:30PM	OPEN SWIM	OPEN SWIM

TUESDAY	SHALLOW END	DEEP END
6AM-8AM	OPEN SWIM	OPEN SWIM
8AM-9:45AM	WATER FITNESS	OPEN SWIM
9:45AM-5PM	OPEN SWIM	OPEN SWIM
5PM-5:45PM	WATER FITNESS	OPEN SWIM
5:45PM-7:30PM	SWIM LESSONS	SWIM LESSONS
7:30PM-8:30PM	OPEN SWIM	OPEN SWIM

THURSDAY	SHALLOW END	DEEP END
6AM-5PM	OPEN SWIM	OPEN SWIM
5PM-5:45PM	WATER FITNESS	OPEN SWIM
5:45PM-7:30PM	SWIM LESSONS	SWIM LESSONS
7:30PM-8:30PM	OPEN SWIM	OPEN SWIM

FRIDAY	SHALLOW END	DEEP END
6AM-8AM	OPEN SWIM	OPEN SWIM
8AM-12PM	WATER FITNESS	OPEN SWIM
12PM-7:30PM	OPEN SWIM	OPEN SWIM

SATURDAY	SHALLOW END	DEEP END	SUNDAY	SHALLOW END	DEEP END
8AM-9AM	WATER FITNESS	OPEN	1-3PM	SWIM LESSONS	SWIM LESSONS
9AM-12PM	SWIM LESSON	SWIM LESSON	3PM-5:30PM	OPEN	OPEN
12-5:30PM	OPEN	OPEN			

Program Pool will be  
**CLOSED** during Out of  
School Days from  
**1:00-3:30pm.**

**Out of School Days:**

Friday, December 20  
Monday, December 23  
Thursday, December 26  
Friday, December 27  
Monday, December 30

The Program Pool will also  
be **CLOSED** for a swim  
meet on the following days:  
Saturday, December 14  
Sunday, December 15

**KERNERSVILLE FAMILY YMCA**

1113 West Mountain Street Kernersville, NC 27284

P (O) 336 996 2231 (F) 336.996.8605 www.kernersvilleymca.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.
- 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.
- 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 at all times regardless of swim level.
- Color bands must be worn:
  - GREEN (Can swim anywhere)
  - YELLOW (Can swim with a life jacket)
  - RED (Must have an adult in the water within reach)
  - 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, Katie Searles [k.searles@ymcanwnc.org](mailto:k.searles@ymcanwnc.org)

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