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 FOR HEALTHY LIVING  
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## JANUARY 2025 LAP POOL SCHEDULE – JERRY LONG FAMILY YMCA

**Middle School Swim Practice:** Wednesday/Friday 2pm-3pm (practice 12/30 instead of 1/1)  
**High School Swim Practice:** Monday/Wednesday 6am-7am and Monday-Thursday 7:45pm-9pm  
**Holiday Practice Changes:** High school Practice 2-3pm 1/1 instead of 7:45-9pm.  
**Swim Meets:** Friday January 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> 5:15pm-Close. Entire Aquatic Area Closed  
**LIFEGUARD CLASS 1/11 10:30am-1pm lanes 1-2 (and 3 if needed)**  
**Swim Tests:** Lane 1 will be used for swim tests as needed

KEY:

ST: SWIM TEAM      SG:SWIM GROUP      SL:SWIM LESSONS      SAW:Safety Around Water

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00AM-6:00AM	LAP	LAP	LAP	LAP	LAP	LAP
6:00AM-7:00AM	LAP	LAP	LAP	ST	ST	ST
7:00AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15PM-7:45PM	LAP	ST	ST	ST	ST	ST
7:45PM-8:45	LAP	LAP	ST	ST	ST	ST

TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00-6:00AM	LAP	LAP	LAP	LAP	LAP	LAP
6:00-7:00AM	LAP	LAP	ST	ST	ST	ST
7:00AM-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15-7:45PM	LAP	ST	ST	ST	ST	ST
7:45-8:45PM	LAP	LAP	ST	ST	ST	ST

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00AM-2:00PM	LAP	LAP	LAP	LAP	LAP	LAP
6:00AM-7:00AM	LAP	LAP	LAP	ST	ST	ST
7:00AM-2:00PM	LAP	LAP	LAP	LAP	LAP	LAP
2:00-3:00PM	LAP	LAP	ST	ST	ST	ST
3:00-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15-7:45PM	LAP	ST	ST	ST	ST	ST
7:45-8:45PM	LAP	LAP	ST	ST	ST	ST

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00-6:00AM	LAP	LAP	LAP	LAP	LAP	LAP
6:00-7:00AM	LAP	LAP	ST	ST	ST	ST
7:00AM-2:00PM	LAP	LAP	LAP	LAP	LAP	LAP
2:00-3:00PM	LAP	LAP	ST	ST	ST	ST
3:00-3:15PM	LAP	LAP	LAP	LAP	LAP	LAP
3:15-5:45PM	LAP	ST	ST	ST	ST	ST
5:45-7:45PM	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

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SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00AM-5:45PM	LAP	LAP	LAP	LAP	LAP	LAP

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12:00- 1:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15-3:00PM	LAP	LAP	LAP	SG	SG	SG
3:00-5:45PM	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.

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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