



KERNERSVILLE FAMILY YMCA PROGRAM POOL SCHEDULE JUNE 2025

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	TIME	SHALLOW END		DEEP END
MONDAY/ WEDNESDAY	6AM-7AM	OPEN SWIM		OPEN SWIM
	7AM-12:30PM	WATER FITNESS	SWIM LESSONS (11:50-12:20)	OPEN SWIM
	12:30PM-3PM	CAMP SWIM		CAMP SWIM
	3PM-5PM	OPEN SWIM		OPEN SWIM
	5PM-7PM	SWIM LESSONS	WATER FITNESS (6-6:45PM)	OPEN SWIM
	7PM-8:30PM	OPEN SWIM		OPEN SWIM
TUESDAY/THURSDAY	6AM-8AM	OPEN SWIM		OPEN SWIM
	8AM-8:45AM	WATER FITNESS (TUESDAYS)		WATER FITNESS (THURSDAYS)
	8:45AM-11:50AM	OPEN SWIM		OPEN SWIM
	11:50AM-12:30PM	SWIM LESSONS		OPEN SWIM
	12:30-3PM	CAMP SWIM		CAMP SWIM
	3-5PM	OPEN SWIM		OPEN SWIM
	5PM-7:30PM	SWIM LESSONS		SWIM LESSONS OPEN SWIM
	7:30PM-8:30PM	OPEN SWIM		OPEN SWIM
FRIDAY	6AM-8AM	OPEN SWIM		OPEN SWIM
	8AM-12PM	WATER FITNESS		OPEN SWIM
	12PM-7:30PM	OPEN SWIM		OPEN SWIM
SATURDAY	8AM-9AM	WATER FITNESS		OPEN SWIM
	9AM-12PM	SWIM LESSONS		SWIM LESSONS OPEN SWIM
	12-5:30PM	OPEN SWIM		OPEN SWIM
SUNDAY	1-3PM	SWIM LESSONS		SWIM LESSONS OPEN SWIM
	3PM-5:30PM	OPEN SWIM		OPEN SWIM

Due to increasing swim lesson numbers, the shallow end will be closed to non-program participants while swim lessons are in session.



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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. See Swim Test Policy for details regarding the swim tests.
- Swim tests are valid for 365 days. Children with valid swim tests may receive a swim band at the Membership Desk.
- Color bands must be worn:
 - GREEN: Can swim anywhere
 - YELLOW: Can swim in the shallow end
 - RED: Can swim in the shallow end with an adult in the water within reach
- All elementary age children (5th grade & under) must have a parent or guardian (18+) on pool deck at all times regardless of swim level. Middle School-aged swimmers who have not completed all sessions of their Middle School Orientation must also have a parent or guardian on deck regardless of swim level.
- Pool rules must be followed and lifeguards have the final say including on all swim tests.

Any questions/concerns contact:

Aquatics Director, Katie Searles k.searles@ymcanwnc.org