



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 2025 POOL SCHEDULE – Stokes Family YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00– 10:30 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2
10:30–11:15 AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15 AM –5:15 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2
5:15–7:10 PM	SL	SL	LAP	LAP	LAP	LAP	NO OPEN SWIM
7:10–8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2
TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00–9:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2
9:00AM– 10:00AM	SL	SL	SL	LAP	LAP	LAP	DEEP END ONLY
10:00–11:00 AM	WF	WF	WF	WF	LAP	LAP	SHALLOW ONLY
11:00 AM–12:00 PM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
12:00–5:15 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2
5:15–7:45 PM	SL/WF	SL/WF	SL/WF	LAP	LAP	LAP	NO OPEN SWIM
7:45–8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2
WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00– 10:30 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANE 1–2
10:30–11:15 AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15 AM –8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2
THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00– 10:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1–2

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.”

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

- Lane allocation will adjust depending on participation numbers.
- **Lifeguard has final say so regarding pool policies and lane 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 the 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).

Please contact James de Goede at j.degoede@ymcanwnc.org with any questions, comments, or concerns

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