



# KERNERSVILLE FAMILY YMCA COMMUNITY POOL SCHEDULE JANUARY 2026

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
MONDAY - THURSDAY	5AM-6AM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
	6AM-7AM	OPEN	LAP	LAP	LAP	HS	HS	HS	HS
	7AM-8AM	OPEN	LAP	LAP	HS	HS	HS	HS	HS
	8AM-3:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
	3:45-4:30PM	HS	HS	HS	HS	HS	HS	LAP	LAP
	4:30-5PM	HS	HS	HS	HS	HS	HS	TYDE	TYDE
	5-6:15PM	OPEN	LAP	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
	6:15PM-7:45PM	OPEN	HS	HS	HS	TYDE	TYDE	TYDE	TYDE
	7:45-8:30PM	OPEN	LAP	HS	HS	HS	HS	HS	HS
FRIDAY	5AM-6AM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
	6AM-7AM	OPEN	LAP	LAP	LAP	HS	HS	HS	HS
	7AM-8AM	OPEN	LAP	LAP	HS	HS	HS	HS	HS
	8AM-3:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
	3:45PM-5PM	OPEN	HS	HS	HS	HS	HS	LAP	LAP
	5PM-7:45PM	OPEN	LAP	LAP	LAP	LAP	HS	HS	HS
WEEKEND	ALL DAY	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP

The Community Pool will be closed from 5:30pm-Close for the following swim meets:

Friday, January 2

Wednesday, January 7

Friday, January 9

Wednesday, January 14

Friday, January 16

Wednesday, January 21

Friday, January 23

Wednesday, January 28

January 10: The Community Pool will be closed from 8am-1pm and Lanes 3-8 will be closed from 1-4pm.

KERNERSVILLE FAMILY YMCA

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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.
- 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 2 swimmers are in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a lane.
- 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](mailto:k.searles@ymcanwnc.org)