



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH 2026 POOL SCHEDULE - FULTON FAMILY YMCA

KEY:

WF-WATER FITNESS: Tuesdays & Thursdays (9:30 am, 10:30 am)

SL-SWIM LESSONS: Tuesday & Thursdays (12:00 pm)

SAW-Safety Around Water: Wednesdays (9:00-11:00am) 3/18-5/8

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-12:45 PM	OPEN	LAP	LAP	LAP	LAP	OPEN

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-9:30 AM	OPEN	LAP	LAP	LAP	LAP	OPEN
9:30-11:00 AM	WF	WF	LAP	LAP	LAP	OPEN
11:00-12:45 PM	OPEN/SL	LAP	LAP	LAP	LAP	OPEN

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-8:45 AM	OPEN	LAP	LAP	LAP	LAP	OPEN
8:45-11:15 AM	SAW	SAW	LAP	LAP	SAW	SAW
11:15-12:45 PM	OPEN	LAP	LAP	LAP	LAP	OPEN

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-12:45 PM	OPEN	LAP	LAP	LAP	LAP	OPEN
9:30-11:00 AM	WF	WF	LAP	LAP	LAP	OPEN
11:00-12:45 PM	OPEN	LAP	LAP	LAP	LAP	OPEN

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-12:45 PM	OPEN	LAP	LAP	LAP	LAP	OPEN

Please note: the City of Winston-Salem will be using our pool for their lifeguard training March 9-11 (9:00am-6:00pm) and March 13 (11:00am-2:00pm) and two lanes will be set aside for them.

Lane allocation will adjust depending on participation numbers.

Lifeguards have 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.

- 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.

FULTON FAMILY YMCA

385 W Hanes Mill Rd Winston-Salem, NC 27105

P 336 661 1093 www.ymcanwnc.org

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- 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)
 - 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 Courtney Adams, c.adams@ymcanwnc.org

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