



KERNERSVILLE FAMILY YMCA COMMUNITY POOL SCHEDULE MARCH 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-12PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
	12PM-2PM	OPEN	LAP	LAP	SAW LESSONS (WEDNESDAYS ONLY)				
	4:30PM-5PM	OPEN	LAP	LAP	LAP	LAP	LAP	TYDE	TYDE
	5PM-6:15PM	OPEN	LAP	LAP	TYDE	TYDE	TYDE	TYDE	TYDE
	6:15PM-7:45PM	OPEN	LAP	LAP	LAP	TYDE	TYDE	TYDE	TYDE
	7:45PM-8:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
FRIDAY	ALL DAY	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
SATURDAY	8AM-9AM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
	9AM-11AM	OPEN	LAP	LAP	LAP	SWIM LESSONS			
	11AM-12PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
	12PM-2PM	OPEN	LAP	LAP	LAP	SPECIAL OLYMPICS			
	2PM-5:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP
SUNDAY	ALL DAY	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	LAP

**Lanes 4-8 will be closed for Safety Around Water Lessons
from 12-2pm on March 4, March 18, and March 25.**



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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