KERNERSVILLE FAMILY YMCA
PROGRAM POOL SCHEDULE
APRIL 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	TIME	SHALLOW END	DEEP END
MONDAY/ WEDNESDAY	6AM-7AM	OPEN SWIM	OPEN SWIM
	7AM-11:45AM	WATER FITNESS	OPEN SWIM
	11:45AM-5PM	OPEN SWIM	OPEN SWIM
	5PM-7PM	SWIM LESSONS	OPEN SWIM
	6:30PM-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-5:15PM	OPEN SWIM	OPEN SWIM
	5PM-6PM	WATER FITNESS	OPEN SWIM
	6PM-7:30PM	SWIM LESSONS	OPEN SWIM
	7:30PM-8:30PM	OPEN SWIM	OPEN SWIM
FRIDAY	6AM-8AM	OPEN SWIM	OPEN SWIM
	8AM-11:45AM	WATER FITNESS	OPEN SWIM
	11:45AM-7:30PM	OPEN SWIM	OPEN SWIM
SATURDAY	8AM-9AM	WATER FITNESS	OPEN SWIM
	9AM-12PM	SWIM LESSONS	OPEN SWIM
	12PM-5:30PM	OPEN SWIM	OPEN SWIM
SUNDAY	1-4:30PM	SWIM LESSONS	SWIM LESSONS / OPEN SWIM
	2:45PM-5:30PM	OPEN SWIM	OPEN SWIM

The shallow end will be closed April 6 and April 27 from 12-12:45 pm for Livestrong Water Fitness

KERNERSVILLE FAMILY YMCA
1113 West Mountain Street Kernersville, NC 27284
P (O) 336 996 2231 (F) 336.996.8605 www.kernersvilleymca.org A United Way Agency
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.
- 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