



March 2026–SMALL POOL SCHEDULE: Statesville Family YMCA

Swim Lessons (SL) – Tuesdays & Thursdays from 5:30pm to 7:30pm, & Wednesdays 1pm to 2pm; Saturdays from 10am to 12:05pm

Class – Refer to Water Fitness Class Schedule

Safety Around Water Swim Lesson (SAW) – Boys & Girls Club on Mondays from 4:30pm-5:30pm;

The Wave Christian school on Thursdays from 11am-12pm; Success Institute on Thursdays from 1pm-2pm starting March 19th.

PHC Physical Therapy & Rehab Services (PHC)-Aqua Therapy Session through Piedmont Healthcare Rehab services Tuesdays & Fridays at 1pm

MONDAYS	
5AM-10AM	OPEN
10AM-11AM	CLASS
11AM-4:30PM	OPEN
4:30PM-5:30PM	SAW
5:30PM-7:30PM	OPEN

TUESDAYS	
5AM-10AM	OPEN
10AM-11AM	CLASS
11AM-1PM	OPEN
1PM-2PM	PHC
2PM-5:30PM	OPEN
5:30PM-7:30PM	SL

WEDNESDAYS	
5AM-10AM	OPEN
10AM-11AM	CLASS
11AM-1PM	OPEN
1PM-2PM	SL
2PM-7:30PM	OPEN

THURSDAYS	
5AM-10AM	OPEN
10AM-11AM	CLASS
11AM-12PM	SAW
12PM-1PM	OPEN
1PM-2PM	SAW
2PM-5:30PM	OPEN
5:30PM-7:30PM	SL

FRIDAYS	
5AM-10AM	OPEN
10AM-11AM	CLASS
11AM-1PM	OPEN
1PM-2PM	PHC

STATESVILLE FAMILY YMCA

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2PM-3:30PM	OPEN
3:30PM-4:30PM	AFTERSCHOOL
4:30PM-5:30PM	OPEN
5:30PM-7PM	SL (MAKE-UP)

SATURDAYS	
8AM-10AM	OPEN
10AM-12:05PM	SL
12:05PM-3:30PM	OPEN

SUNDAYS	
1PM-4:30PM	OPEN

IMPORTANT NOTES:

- Multiple activities are often scheduled in the Main pool at the same time.
- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use. Equipment are for lap swimmers only.
- If there are 2 swimmers in a lane they may elect to split the lane in half or circle swim; use circle swim when 3+ swimmers are in a lane.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

SWIM TEST POLICY:

- Children 8th grade and younger are encouraged to take swim test to determine swim level.
- All elementary age children (5th grade & under) must have a parent or guardian (18+) on pool deck/in the pool at all times regardless of swim level.
- Middle school students (6th-8th grade) are allowed in the pool without a parent with completion of Middle School Orientation and passing the green swim test.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), YELLOW (Beginner-small pool & shallow end of big pool or parent within arm’s reach in the deep end of big pool), RED (Non-swimmer-small pool with PFD or parent within arm’s reach in the pool.)
 - See Swim Test Policy for details regarding the swim tests.
 - One adult cannot be responsible for more than 2 RED level swimmers without lifejacket. We will allow a 1 adult to 4 red band swimmers/nonswimmers as long as all children are in life jackets.
 - Personal Flotation Device is recommended for RED level swimmers.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

SCAN HERE TO REGISTER FOR WINTER/SPRING 2026 SWIM LESSONS



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March 2026-MAIN POOL SCHEDULE: Statesville Family YMCA

Reservation (RSV) – Reserve lap lanes on app. or website
Swim Lessons (SL) – Tuesdays & Thursdays from 5:30pm to 7:30pm; & Wednesdays 1pm to 2pm; Saturdays 10am to 11am
TYDE – YMCA of NWNC year-round Swim Team
Safety Around Water Swim Lesson (SAW) – Boys & Girls Club on Mondays from 4:30pm-5:30pm
Special Olympic Swim Team (SO) – Mondays from 6pm-7:30pm starting 2/16/2026 5/18/2026

MONDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9:15AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
9:15AM-10AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
10AM-11AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
11AM-12PM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
12PM-3:45PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
3:45PM-5PM	OPEN	SAW	RSV 30min	RSV 60min	RSV 60min	RSV 60min
5PM-6PM	OPEN	OPEN	RSV 30min	RSV 60min	TYDE	TYDE
6PM-7:30PM	OPEN	OPEN	TYDE	SO	SO	SO

TUESDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
9AM-9:45AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
9:45AM-4PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
4PM-5PM	CLASS	CLASS	RSV 30min	TYDE	TYDE	TYDE
5PM-6:30PM	OPEN	OPEN	RSV 30min	TYDE	TYDE	TYDE
6:30PM-7:30PM	OPEN	OPEN	RSV 30min	SL	SL	SL

WEDNESDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
9AM-10AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
10AM-11AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
11AM-12PM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
12PM-1PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
1PM-2PM	OPEN	SL	RSV 30min	RSV 60min	RSV 60min	RSV 60min
2PM-5PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
5PM-6:30PM	OPEN	OPEN	RSV 30min	RSV 60min	TYDE	TYDE
6:30PM-7:30PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min

THURSDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
9AM-9:45AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
9:45AM-4PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
4PM-5PM	CLASS	CLASS	RSV 30min	TYDE	TYDE	TYDE
5PM-6:30PM	OPEN	OPEN	RSV 30min	TYDE	TYDE	TYDE
6:30PM-7:30PM	OPEN	OPEN	RSV 30min	SL	SL	SL

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FOR YOUTH DEVELOPMENT®
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FRIDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-11AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
11AM-12PM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
12PM-3:30PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
3:30PM-4:30PM	Afterschool	Afterschool	RSV 30min	RSV 60min	RSV 60min	RSV 60min
4:30PM-6PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
6PM-7PM	OPEN	SL (Make-Up)	RSV 30min	RSV 60min	RSV 60min	RSV 60min

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8AM-10AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
10AM-11AM	OPEN	OPEN	SL	RSV 60min	RSV 60min	RSV 60min
11AM-3:30PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1PM-4:30PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min

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