



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## March 2026 LAP POOL SCHEDULE – Wilkes Family YMCA

<b>OPEN</b> - For anyone to use	<b>LAP</b> - For training	<b>WF</b> – Water Fitness
<b>SL</b> – Swim Lessons	<b>TYDE</b> – TYDE Swim Team	<b>SAW</b> – Safety Around Water

<b>MONDAYS</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>5AM-8AM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>8AM-8:45AM</b>	WF	WF	WF	WF	LAP	LAP
<b>8:45AM-5PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>5PM-6:30PM</b>	OPEN	OPEN	OPEN	LAP	TYDE	TYDE
<b>6:30PM-7:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

<b>TUESDAYS</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>5AM-9:30 AM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>9:30AM-10:15AM</b>	WF	WF	OPEN	LAP	LAP	LAP
<b>10:15AM-4PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>4PM-6:30PM</b>	OPEN	OPEN	OPEN	LAP	TYDE	TYDE
<b>6:30PM-7:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

<b>WEDNESDAYS &amp; FRIDAYS</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>5AM-8AM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>8AM-8:45AM</b>	WF	WF	WF	WF	LAP	LAP
<b>8:45AM-7:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

<b>THURSDAYS</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>5AM-4PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>4PM-6:30PM</b>	OPEN	OPEN	OPEN	LAP	TYDE	TYDE
<b>6:30PM-7:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

<b>SATURDAYS</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>8AM-10:10AM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP
<b>10:10AM-10:55AM</b>	SL	OPEN	OPEN	LAP	LAP	LAP
<b>10:55AM-5:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

<b>SUNDAYS</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>1PM-5:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP



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## **POOL AREA CLOSURES/RESERVATIONS**

- Friday, March 6 @ 6pm: ½ of the Sunshine pool will be reserved for a group

## **IMPORTANT NOTES:**

- Multiple activities are often scheduled in the Lap pool at the same time.
- Lane allocation will adjust depending on participation numbers.
- The On-Deck changing room closes 15 minutes after the pool deck closes.
- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use. Equipment are for lap swimmers only.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

## **SWIM TEST POLICY:**

- Children 8<sup>th</sup> grade and younger are encouraged to take swim test to determine swim level.
- All elementary age children (5<sup>th</sup> 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 (6<sup>th</sup>-8<sup>th</sup> 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-sunshine pool & shallow end of lap pool or parent within arm's reach in the deep end of lap 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.

**Any questions/concerns contact:**

**Aquatics Director, Megan Dye [m.dye@ymcanwnc.org](mailto:m.dye@ymcanwnc.org)**

### **Wilkes Family YMCA**

1801 YMCA Blvd, Wilkesboro 28697

P 336 838 3991 [www.wilkesymca.org](http://www.wilkesymca.org)

Our Mission: "Helping ALL people reach their God-given potential in spirit, mind and body."



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## MARCH 2026 SUNSHINE POOL SCHEDULE – Wilkes Family YMCA

<b>MONDAYS</b>	
<b>5AM-9AM</b>	OPEN
<b>9AM-11:45AM</b>	WF
<b>11:45AM-5:35PM</b>	OPEN
<b>5:35PM-6:20PM</b>	SL (USES ½ OF THE POOL)
<b>6:20PM-7:30PM</b>	OPEN

<b>TUESDAYS</b>	
<b>5AM-9:30AM</b>	OPEN
<b>9:30AM-10:30AM</b>	SAW *March 10 & 17 ONLY
<b>10:30AM-5:00PM</b>	OPEN
<b>5:00PM-6:20PM</b>	SL (USES ½ OF THE POOL)
<b>6:20PM-7:30PM</b>	OPEN

<b>WEDNESDAYS &amp; FRIDAYS</b>	
<b>5AM-9AM</b>	OPEN
<b>9AM-11:45AM</b>	WF
<b>11:45AM-5PM</b>	OPEN
<b>5PM-6:30PM</b>	SL *March 11 & 25 ONLY
<b>6:30PM-7:30PM</b>	OPEN

<b>THURSDAYS</b>	
<b>5AM-8AM</b>	OPEN
<b>8AM-10AM</b>	WF
<b>10AM-5:00PM</b>	OPEN
<b>5:00PM-6:20PM</b>	SL (USES ½ OF THE POOL)
<b>6:20PM-7:30PM</b>	OPEN

<b>SATURDAYS</b>	
<b>8AM-9AM</b>	OPEN
<b>9AM-10:55AM</b>	SL (USES ½ OF THE POOL)
<b>10:55AM-12PM</b>	OPEN
<b>12PM-1:30PM</b>	SL (USES ½ OF THE POOL) *March 7 & 21 ONLY
<b>1:30PM-5:30PM</b>	OPEN

<b>SUNDAYS</b>	
<b>1PM-5:30PM</b>	OPEN



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