



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## APRIL 2026 POOL SCHEDULE - FULTON FAMILY YMCA

**KEY:**

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

**SAW-Safety Around Water Drowning Prevention:**

**Tuesday & Thursdays (10:30-12:00pm) 4/14-5/7**

**Wednesdays (9:00-11:00 am) 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
9:30-10:30 AM	WF	WF	LAP	LAP	LAP	OPEN
10:30-12:00 PM	SAW	SAW	LAP	LAP	SAW	SAW
12:00-12:45 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	LAP	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
10:30-12:00 PM	SAW	SAW	LAP	LAP	SAW	SAW
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

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.

**FULTON FAMILY YMCA**

385 W Hanes Mill Rd Winston-Salem, NC 27105

P 336 661 1093 [www.ymcanwnc.org](http://www.ymcanwnc.org)

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



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

- There is no guarantee for an individual lane.
- Children 8<sup>th</sup> grade and younger must be swim tested to determine swim level; All elementary age children (5<sup>th</sup> 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](mailto:c.adams@ymcanwnc.org)

**FULTON FAMILY YMCA**

385 W Hanes Mill Rd Winston-Salem, NC 27105

P 336 661 1093 [www.ymcanwnc.org](http://www.ymcanwnc.org)

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