FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY, 2026- POOL SCHEDULE: WILLIAM G. WHITE, JR. FAMILY YMCA

Schedule is subject to change due to closures, cancellations and programming.
****Limited space available from 5-7pm on weekdays****
****No Lap Lanes available 7:30-8pm T/TH****

Lap Swim – (LAP) Activity Lane - (ACT)
Water Fitness - (WF)
Swim Lessons - (SL)(SAW)
YMCA Swim Team – (TYDE)

MON/WED	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-10AM	WF (7:45-8:30)	WF(8:45-9:30)	LAP	LAP	WF(8:45)	WF (8:45)	WF (8:45)
10AM-3:30PM	WF(11-11:45 M)	LAP	LAP	LAP	LAP	LAP/ACT	ACT
3:30-8:45PM	SL (4:45-6:30)	TYDE (3:30-7:45)	TYDE (3:30-7:45)	TYDE (3:30-7:45)	TYDE (3:30-7:45)	TYDE (3:30-4:45)	ACT SL (6-7:30)

TUES/THUR	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-9AM	WF(7:45Thur) WF (8:15Tue)	LAP	LAP	LAP	LAP	LAP/ACT	ACT
9AM- 11AM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT
11AM-3:30PM	WF (11:30-12:15)	LAP/ACT	LAP	LAP	LAP	WF (12:45-1:30)	WF (12:45-1:30)
3:30-8:45PM	SL (4:45-8)	TYDE (3:30-7:45)	TYDE (3:30-7:45)	TYDE (3:30-7:45)	TYDE (3:30-7:45)	TYDE (3:30-4:45)	ACT SL (6-8)

FRI	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-9AM	WF (7:45)	LAP	LAP	LAP	LAP	LAP/ACT	LAP
9-10AM	OPEN	LAP/ACT	LAP	LAP	WF (8:45-9:30)	WF (8:45-9:30)	WF (8:45-9:30)
10-3PM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT
3-7:45PM	WF(2:45-3:30pm)	TYDE(3:30-7:45)	TYDE(3:30-7:45)	TYDE(3:30-7:45)	TYDE(3:30-7:45)	TYDE(3:30-4:45)	ACT

****Safety Around Water swim lessons are still happening 5/6-5/8 12:30-2pm in shallow area****

WILLIAM G. WHITE, JR. FAMILY YMCA
775 West End Boulevard Winston-Salem NC 27101 **P** 336 721 2100 www.wgwhiteymca.org
Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."
A United Way Agency. Financial Assistance available

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SAT	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7-8AM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT
8-11AM	WF (8-8:45) SL (9-11am)	LAP	LAP	LAP	LAP	LAP/ACT	ACT SL (9:50-11:25)
11AM-5:45PM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	SL (9:50-11:25)

SUN	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12-5:45PM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT

Swim Lessons in Shallow Area & Lane 6 Monday - Thursday evenings & Saturday Morning
** TYDE Swim Team will be in Monday – Friday 3:30-7:45pm**
** OUT OF SCHOOL DAYS Kids will swim 1:30-3pm**
Safety Around Water Swim Lessons: Wednesday & Fridays 12:30-2pm, 3/20-5/8

IMPORTANT NOTES:

- 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.
- 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 must be swim tested to determine swim level.
- All elementary age children (5th grade & under) must have a parent or guardian (18+) on pool deck/area at all times regardless of swim level.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), YELLOW (Beginner-shallow only), RED (Non-swimmer-shallow end only)
    - See Swim Test Policy for details regarding the swim tests.
    - RED level swimmers MUST be accompanied by an adult within arm's reach.
    - One adult cannot be responsible for more than 2 RED level swimmers. 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.

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