



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

JULY 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) (WAHOOS)

| MON/WED | SHALLOW | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-------------|--------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|--------------------|
| 5-10AM | WF (7:45-8:30) SL(9:30-12) | WF(8:45-9:30) | LAP | LAP | WF(8:45) | WF (8:45) | WF (8:45) |
| 10AM-3:30PM | WF(11-11:45 M) WF(2-2:45PM) | LAP | LAP | LAP | LAP | LAP/ACT | ACT |
| 3:30-8:45PM | SL (4:45-6:30) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-4:45) | 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 SL(9:30-12) | 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) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-4:45) | 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(2-2:45pm) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-7:45) | WAHOOS (4-4:45) | ACT |

****Summer Camp will use the shallow area Monday, Tuesday and Thursday 1:30-3:30pm and Wednesdays 11am-12pm, 1-2pm and 2:45-3:30pm****

WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 www.wqwhiteymca.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 (9:50-11:30) |
| 11AM-5:45PM | OPEN | LAP | LAP | LAP | LAP | LAP/ACT | SL (9:50-11:30) |

| 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 are Monday - Thursday Mornings 9:30am-12pm, Monday - Thursday Evenings 4:45-8pm and Saturday Mornings 9-11:30am****

**** Summer Swim League (WAHOOS) will be in Lanes 1-4, Monday – Friday 4pm-7:45pm****

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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