



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July 2026 LAP POOL SCHEDULE – Wilkes Family YMCA

OPEN – For anyone to use	LAP – For training	WF – Water Fitness
SL – Swim Lessons	SDC – Summer Day Camp	TYDE – TYDE Swim Team *(Until July 18)

MONDAY – FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1PM-3PM	SDC	SDC	OPEN	LAP	LAP	LAP

MONDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8AM-8:50AM	WF	WF	WF	WF	LAP	LAP
8:50AM-5PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
5PM-6PM	OPEN	OPEN	TYDE*	TYDE*	TYDE*	TYDE
6PM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

TUESDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9:30 AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9:30AM-10:20AM	WF	WF	OPEN	LAP	LAP	LAP
10:20AM-4PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
5PM-6PM	OPEN	OPEN	TYDE*	TYDE*	TYDE*	TYDE*
6PM-6:25PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
6:25PM-7:10PM	OPEN	OPEN	OPEN	LAP	LAP	SL
7:10PM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

WEDNESDAYS & FRIDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8AM-8:50AM	WF	WF	WF	WF	LAP	LAP
8:50AM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

THURSDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-5PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
5PM-6PM	OPEN	OPEN	TYDE*	TYDE*	TYDE*	TYDE*
6PM-6:25PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
6:25PM-7:10PM	OPEN	OPEN	OPEN	LAP	LAP	SL
7:10PM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

SATURDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8AM-11AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
11AM-11:45AM	OPEN	OPEN	OPEN	LAP	LAP	SL
11:45AM-5:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

SUNDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1PM-5:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

Wilkes Family YMCA

1801 YMCA Blvd, Wilkesboro 28697

P 336 838 3991 www.wilkesymca.org

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



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POOL RESERVATIONS AND/OR CLOSURES:

Monday-Friday, 1pm-3pm: LANE 1 & 2

IMPORTANT NOTES:

- Multiple activities are often scheduled in the Pools 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 (posted) must be followed 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.
- Retrieve swim band from front desk if a valid swim test is on file, otherwise see lifeguard to be tested.
- 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-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

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July 2026 SUNSHINE POOL SCHEDULE – Wilkes Family YMCA

MONDAYS	
5AM-9AM	OPEN
9AM-11:50AM	WF
11:50AM-5PM	OPEN
5PM-6:20PM	SL (USES ½ OF THE POOL)
6:20PM-7:30PM	OPEN

TUESDAYS	
5AM-5PM	OPEN
5PM-7:10PM	SL (USES ½ OF THE POOL)
7:10PM-7:30PM	OPEN

WEDNESDAYS & FRIDAYS	
5AM-9AM	OPEN
9AM-11:50AM	WF
11:50AM-7:30PM	OPEN

THURSDAYS	
5AM-8AM	OPEN
8AM-9:50AM	WF
9:50AM-5PM	OPEN
5PM-7:10PM	SL (USES ½ OF THE POOL)
7:10PM-7:30PM	OPEN

SATURDAYS	
8AM-9AM	OPEN
9AM-10:55AM	SL (USES ½ OF THE POOL)
10:55AM-5:30PM	OPEN

SUNDAYS	
1PM-5:30PM	OPEN

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