



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

JULY 2026 POOL SCHEDULE – STOKES FAMILY YMCA

Holiday Hours: Memorial Day 8am–3:45pm, July 4th 8am–3:45pm, Labor Day 8am–3:45pm

KEY:

ST: SWIM TEAM

SG: SWIM GROUP

SL: SWIM LESSONS

CAMP: CAMP SWIM

WF: WATER FITNESS

SHALLOW: SHALLOW END OF POOL OPEN

DEEP: DEEP END OF POOL OPEN

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00AM–8:45AM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
8:45AM–10:30AM	SL/DEEP	SL/DEEP	SL/DEEP	LAP	LAP	LAP	Deep End Only
10:30AM–11:15AM	WF/DEEP	WF/DEEP	WF/DEEP	WF/DEEP	LAP	LAP	Deep End Only
11:15AM–1:00PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
1:00PM–3:00PM	OPEN	OPEN	LAP	LAP	CAMP	CAMP	Lanes 1-2
3:00PM–4:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
4:30PM–5:15PM	OPEN	OPEN	LAP	LAP	LAP	ST	Lanes 1-2
5:15PM–6:15PM	SL/WF	SL/WF	SL/WF	LAP	LAP	ST	
6:15pm–7:30pm	SL/DEEP	SL/DEEP	SL/DEEP	LAP	LAP	LAP	Deep End Only
7:30PM–8:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2

TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00AM–8:45AM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
8:45AM–10:00AM	SL/DEEP	SL/DEEP	SL/DEEP	LAP	LAP	LAP	Deep End Only
10:00AM–12:00PM	SL/WF	SL/WF	SL/WF	LAP	LAP	LAP	
12:00PM–1:00PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
1:00PM–3:00PM	OPEN	OPEN	LAP	LAP	CAMP	CAMP	Lanes 1-2
3:00PM–4:30PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
4:30PM–5:15PM	OPEN	OPEN	LAP	LAP	LAP	ST	Lanes 1-2
5:15PM–6:15PM	SL/WF	SL/WF	SL/WF	LAP	LAP	ST	
6:15pm–7:30pm	SL/DEEP	SL/DEEP	SL/DEEP	LAP	LAP	LAP	Deep End Only
7:30PM–8:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00AM–8:45AM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
8:45AM–10:30AM	SL/DEEP	SL/DEEP	SL/DEEP	LAP	LAP	LAP	Deep End Only
10:30AM–11:15AM	WF/DEEP	WF/DEEP	WF/DEEP	WF/DEEP	LAP	LAP	Deep End Only
11:15AM–1:00PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
1:00PM–3:00PM	OPEN	OPEN	LAP	LAP	CAMP	CAMP	Lanes 1-2
3:00PM–8:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00AM–8:45AM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
8:45AM–10:30AM	SL/DEEP	SL/DEEP	SL/DEEP	LAP	LAP	LAP	Deep End Only
10:30AM–11:15AM	WF/DEEP	WF/DEEP	WF/DEEP	WF/DEEP	LAP	LAP	Deep End Only
11:15AM–7:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2

STOKES FAMILY YMCA

105 Moore Road, King NC 27021

(O) 336 985 9622 (F) 336 985 8605 www.ymcanwnc.org A United Way Agency

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



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

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
8:00AM-9:15AM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2
9:15AM-12:00PM	SL/DEEP	SL/DEEP	SL/DEEP	LAP	LAP	LAP	Deep End Only
12:00PM-4:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	Lanes 1-2

Lane allocation will adjust depending on participation numbers.

Lifeguard has final say so regarding pool policies, lanes usage and swim tests.

Lifeguard has the right to retest any swimmer they feel is not swimming to their tested ability.

Possible makeup swim lessons on Fridays: In the event swim lessons are cancelled during the week.

Lane 1 is frequently used for swim tests as needed.

Multiple activities are often scheduled in this pool at the same time.

- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- Lap lanes are for lap swimming only. All other activities need to be done in the program pool in the activity lanes.
- 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.
- There is no guarantee for an individual lane.
- 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 (Shallow end- program pool only), RED (Non-swimmer-shallow end with adult in the water within arms reach-program pool 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 Kyle Holmes (336)985-9622 or kyle.holmes@ymcanwnc.org

STOKES FAMILY YMCA

105 Moore Road, King NC 27021

(O) 336 985 9622 (F) 336 985 8605 www.ymcanwnc.org A United Way Agency

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