



KERNERSVILLE FAMILY YMCA COMMUNITY POOL SCHEDULE AUGUST 2026

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
MONDAY - THURSDAY	5AM-4:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	SWIM TEST
	4:30-5:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	TYDE	
	5:30-7:45PM	OPEN	LAP	LAP	LAP	TYDE			
	7:45-8:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	SWIM TEST
FRI	ALL DAY	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	SWIM TEST
SATURDAY	8AM-9AM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	SWIM TEST
	9AM-10AM	OPEN	LAP	LAP	LAP	LAP	SWIM LESSONS		SWIM TEST
	10-5:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	SWIM TEST
SUN	1-5:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP	SWIM TEST

TYDE Practices will begin August 10, 2026.

Lane 8 will give priority for youth swim tests. Please use other lanes if they are available. If no other lanes are available, lap swimmers may be asked to share the lane for a youth swim test.



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- Lane allocation will adjust depending on participation numbers.
- Lifeguard has 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.
- 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 2 swimmers are in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a lane.
- Children 8th grade and younger must be swim tested to determine swim level. See Swim Test Policy for details regarding the swim tests.
- Swim tests are valid for 365 days. Children with valid swim tests may receive a swim band at the Membership Desk.
- Color bands must be worn:
 - GREEN: Can swim anywhere
 - YELLOW: Can swim in the shallow end
 - RED: Can swim in the shallow end with an adult in the water within reach
- All elementary age children (5th grade & under) must have a parent or guardian (18+) on pool deck at all times regardless of swim level. Middle School-aged swimmers who have not completed all sessions of their Middle School Orientation must also have a parent or guardian on deck regardless of swim level.
- Pool rules must be followed and lifeguards have the final say including on all swim tests.

Any questions/concerns contact:

Aquatics Director, Katie Searles k.searles@ymcanwnc.org