



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUGUST 2026 POOL SCHEDULE - YMCA Reach Center at Winston Lake

KEY:

WF-WATER FITNESS (M/W/F at 9:00-9:45 am & 10:00-10:45 am)

SL- Swim Lessons (Saturdays 8:15 -10:30 am) (Tues & Thurs 5:15-7:15 pm)

ST - Swim Team (TYDE) - (M-F at 4:30-7:30 pm) starts 8/10

MON/WED	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:00-9:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP
9:00-10:45 AM	WF	WF	LAP	LAP	LAP	LAP
10:45-11:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP
4:30- 7:30 PM	OPEN	LAP	ST	ST	ST	ST

TUES/THURS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:00-11:00 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
4:30-6:30 PM	OPEN	SL	ST	ST	ST	ST
6:30-7:30 PM	OPEN	LAP	ST	ST	ST	ST

FRI	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:00-9:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP
9:00-10:45 AM	WF	WF	LAP	LAP	LAP	LAP
10:45-11:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP
4:30- 7:30 PM	OPEN	LAP	ST	ST	ST	ST

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:00-10:30 AM	SL	SL	LAP	LAP	LAP	LAP
10:30-11:30 AM	OPEN	OPEN	LAP	LAP	LAP	LAP

Lane allocation will adjust depending on participation numbers.

Lifeguards have 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.

- 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.

YMCA REACH CENTER AT WINSTON LAKE

901 Waterworks Rd Winston-Salem, NC 27101

P 336 724 9205 www.ymcanwnc.org

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



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- 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 the pool deck/area at all times regardless of swim level.
- Color bands must be worn –
 - GREEN (Swimmer-can swim anywhere),
 - YELLOW(Shallow end only),
 - RED (Non-swimmer-shallow end 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 Courtney Adams,
c.adams@ymcanwnc.org

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