



KERNERSVILLE FAMILY YMCA COMMUNITY POOL SCHEDULE OCTOBER 2026

	MON	TUES	WED	THURS	FRI	SAT	SUN
LAP SWIM	5:00am - 4:30pm (Lanes 2-8)				All Day (Lanes 2-8)	8-9:00am (Lanes 2-8)	All Day (Lanes 2-8)
	4:30pm - 5:30pm (Lanes 2-6)					9-9:45am (Lanes 2-7)	
	5:30pm - 7:45pm (Lanes 2-4)					9:45am-5:30pm (Lanes 2-8)	
	7:45pm - 8:30pm (Lanes 2-4)						
FREE SWIM	All Day (Lane 1)						
SWIM LESSONS	October 19-22 & October 26-29 12:00pm - 2:00pm (Lanes 1, 6-8)					9-9:45am (Lane 8)	
TYDE	4:30-5:30pm (Lanes 7-8)						
	5:30-7:45pm (Lanes 5-8)						

SPECIAL EVENTS

October 19-22 & 26-29: Safety Around Water Swim Lessons (Lanes 1, 6-8) Monday-Thursday from 12-2pm

October 31: TYDE Tailgate Swim Meet (Pool Closed) 8:00am - 3:00pm

Note: High School Swim Team practices start November 2, 2026. Lane availability will be limited.

YOUTH SWIM POLICY

Accompanied Minors: All youth 5th grade & under must have a parent or guardian (18+) on pool the same pool deck at all times. Youth 8th grade & under who have not completed all sessions of their YMCA Middle School Orientation must also have a parent or guardian on the same pool deck at all times.

Swim Bands & Tests: Children 8th grade and younger must wear a swim band at all times while swimming. Children must be swim tested to determine swim band level. Swim tests are provided in Lane 8. Lap swimmers should use other lanes when they are available. If no other lanes are available, lap swimmers may be asked to share the lane for a swim test. Swim tests are valid for 365 days. Children with valid swim tests may receive a swim band at the Membership Desk. See our Swim Test Policy for more details.

IMPORTANT NOTES

Lane Allocation: Lifeguards have the final say regarding pool policies and lanes usage. Lane allocation may adjust depending on participation numbers. Lane changes can be made by the lifeguard up 5 minutes before the time of the scheduled activity.

Lane Usage: If all lanes are full, swimmers are expected to share lanes. To avoid accidents, please get the swimmer's attention before entering an occupied lane. If 2 swimmers are sharing a lane they may elect to split the lane in half. Please circle swim when 3+ swimmers are sharing a lane.

Equipment: Please get equipment (kickboards, pull buoys, etc.) before entering the pool and put them away after use.

QUESTIONS? Email: Aquatics@ymcanwnc.org