



KERNERSVILLE FAMILY YMCA

PROGRAM POOL SCHEDULE

OCTOBER 2026

	MON	TUES	WED	THURS	FRI	SAT	SUN
FREE SWIM	6-7am Entire Pool	6-8am Entire Pool	6-7am Entire Pool	6-8am Entire Pool	6-7am Entire Pool	8-9:50am Deep End	2:15-3:35pm Shallow End
	7-11:45am Deep End	8-8:45am Deep End	7-11:45am Deep End	8-8:45am Shallow End	7-11:45am Deep End	10:35-11:30am Deep End	
	11:45-5pm Entire Pool	9am-5:45pm Entire Pool	11:45-5pm Entire Pool	9am-5:45pm Entire Pool	11:45am - 7:30pm Entire Pool	11:30am - 5:30pm Entire Pool	3:35-5:30pm Entire Pool
	5-7:25pm Half of the Shallow & Deep Ends will be available. *Space will be divided for Water Fitness and Swim Lessons*						
	7:25-8:30pm Entire Pool						
WATER FITNESS	7-11:45am Shallow End	8-8:45am Shallow End	7-11:45am Shallow End	8-8:45am Deep End	7-11:45am Shallow End	8:10-8:55am Shallow End	
		5:10-5:55pm Shallow End		5:10-5:55pm Shallow End			
SWIM LESSONS	5:00-7:05pm Shallow End	5:45-7:20pm Shallow End	5:00-7:05pm Shallow End	5:45-7:20pm Shallow End		9-11:30am Shallow End	1-2:15pm Shallow End
	6:40-7:25pm Deep End	5:45-6:30pm Deep End	6:40-7:25pm Deep End	5:45-6:30pm Deep End		9:50-10:35am Deep End	2-3:35pm Deep End

SPECIAL EVENTS

October 12: The Shallow End will be closed from 1-2pm for Livestrong Water Fitness

October 12: The entire pool will be closed from 2-3pm for Day Camp Swim

Note: Physical Therapists will share the pool during free swim time on Monday, Tuesday, and Thursday afternoons

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 primarily provided in the Community Pool. 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

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

Floatation Devices: Inflatable floatation devices and water wings are not permitted in any YMCA of NWC pools. Lifejackets or Puddle Jumpers must be US Coast Guard approved. All infant floatation devices must be made of non-inflatable materials.

Equipment: Please get equipment (kickboards, pull buoys, etc.) before entering the pool and put them away after use. Equipment must only be used for their intended purpose. Equipment that is inappropriately used will be confiscated.

QUESTIONS? Email: Aquatics@ymcanwc.org