KERNERSVILLE FAMILY YMCA - NOVEMBER PROGRAM POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
OPEN SWIM	6a-7a Shallow & Deep End	6a-8a Shallow & Deep End	6a-7a Shallow & Deep End	6a-8a Shallow & Deep End	6a-7a Shallow & Deep End	8a-9:50a Deep End	
	7a-11:45a Deep End	8a-8:45a Deep End	7a-11:45a Deep End	8a-8:45a Shallow End	7a-11:45a Deep End	10:35a-11:30a Deep End	2:15-3:35p Shallow End
	11:45a-5pm Shallow & Deep End	9a-5:45p Shallow & Deep End	11:45a-5pm Shallow & Deep End	9a-5:45p Shallow & Deep End	11:45a-7:30p Shallow & Deep End	11:30a-5:30p Shallow & Deep End	3:35a-5:30p Shallow & Deep End
	5p-7:25p 1/2 of Shallow & Deep End						
	7:25p-8:30p Shallow & Deep End						
WATER FITNESS	7a-11:45a Shallow End	8a-8:45a Shallow End	7a-11:45a Shallow End	8a-8:45a Deep End	7a-11:45a Shallow End	8:10a-8:55a Shallow End	
		5:10p-5:55p Shallow End		5:10p-5:55p Shallow End			
SWIM LESSONS	5:30p-7:05p Shallow End					9a-11:30a Shallow End	1p-2:15p Shallow End
	6:40p-7:25p Deep End					9:50a-10:35a Deep End	2p-3:35p Deep End

Lifeguards have the final authority in regards to pool policies and usage

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Children 8th grade and younger must be swim tested to determine swim level. All elementary age children must have a parent/guardian (18+) on pool deck at all times regardless of swim ability.

IMPORTANT NOTES

Schedule subject to change

Multiple activites are often scheduled at the same time

Lane allocation will adjust depending on participation numbers

SWIM LESSONS

Makeup lessons held Fridays 5:30-7:30pm if canceled M-Th

POOL RULES

Lap lanes are for lap swim only

Open swim/Activity lanes are for water exercise or open water activities

Water fitness equipment is for adult use only

SWIM TEST POLICY

Green-anywhere

Yellow-roped off shallow end only

Red-roped off shallow end only and must have an adult within arms reach at all times

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SCAN HERE TO REGISTER FOR FALL/WINTER SWIM LESSONS

Pool Closure 11/4/2026 8am-5pm due to power outage & branch closure 11/26/2026 for Thanksgiving