

NOVEMBER 2019 Pool Schedule-YADKIN FAMILY YMCA

The lane assignments indicate worse case scenarios where all programs are at maximums.
Lane allocation will adjust depending on participation numbers.



MONDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
6:00am	6:30am	Lane 1,2	Lanes 3-6	
6:30am	8:00am	No Open Swim	Lanes 5, 6	Water Fitness Classes
8:00am	9:00am	Lanes 1, 2	Lanes 3-6	
9:00am	12:30pm	Lanes 1, 2	Lanes 3-6	Water Fitness Classes
12:30pm	3:30pm	Lanes 1, 2	Lanes 3-5	Adult Swim Lessons 1:35pm
3:30pm	6:00pm	no open or lap swimming	Spa area open	High School Swim Teams/Tyde
6:00pm	7:30pm	Lanes 1, 2	Lanes 3-6	Swim lessons /Tyde
7:30pm	8:45pm	Lane 1	Lanes 2-3	Swim Team

TUESDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
6:00am	7:30am	Lanes 1, 2	Lanes 3-6	
7:30am	12pm	No Open Swim	Lanes 5-6	Water Fitness /Swim lessons
12:00pm	1:00pm	Lanes 1, 2	Lanes 3-6	
1:00pm	3:30pm	Lanes 1, 2	Lanes 3-6	
3:30pm	6:00pm	no open or lap swimming	Spa area open	High School Swim Teams/Tyde
6:00pm	7:30pm	Lanes 1, 2	Lanes 3-6	Swim Lessons/Tyde
7:30pm	8:45pm	Lane 1	Lanes 2-3	Swim Team

WEDNESDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
6:00am	6:30am	Lane 1,2	Lanes 3-6	
6:30am	8:00am	No Open Swim	Lanes 5, 6	Water Fitness Classes
8:00am	9:00am	Lanes 1, 2	Lanes 3-6	
9:00am	12:30pm	Lanes 1, 2	Lanes 3-6	Water Fitness Classes
12:30pm	3:30pm	Lanes 1, 2	Lanes 3-5	Adult Swim Lessons 1:35pm
3:30pm	6:00pm	no open or lap swimming	Spa area open	High School Swim Teams/Tyde
6:00pm	7:30pm	Lanes 1, 2	Lanes 3-6	Swim lessons /Tyde
7:30pm	8:45pm	Lane 1	Lanes 2-3	Swim Team

THURSDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
6:00am	7:30am	Lanes 1, 2	Lanes 3-6	
7:30am	12pm	No Open Swim	Lanes 5-6	Water Fitness /Swim lessons
12:00pm	1:00pm	Lanes 1, 2	Lanes 3-6	
1:00pm	3:30pm	Lanes 1, 2	Lanes 3-6	
3:30pm	6:00pm	no open or lap swimming	Spa area open	High School Swim Teams/Tyde
6:00pm	7:30pm	Lanes 1, 2	Lanes 3-6	Swim Lessons/Tyde
7:30pm	8:45pm	Lane 1	Lanes 2-3	Swim Team

The YMCA will be closed in observance of Thanksgiving November 28th.

FRIDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
6:00am	6:30am	Lane 1,2	Lanes 3-6	
6:30am	8:00am	No open Swim	Lanes 5-6	Water Fitness Classes
8:00am	9:00am	Lanes 1, 2	Lanes 3-6	
9:00am	12:30pm	Lanes 1, 2	Lanes 3-6	Water Fitness Classes
12:30pm	3:30pm	Lanes 1, 2	Lanes 3- 6	
3 :30pm	6:00pm	no open or lap swimming	Spa area open	High School Swim Teams/Tyde
6pm	7:45pm	Lane 1	Lanes 2-3	Swim Team/Tyde/Make up swim lessons.

Saturday

START	END	OPEN SWIM	LAP SWIM	NOTES
8:00am	4:45pm	Lane 1-3	Lanes 4-6	Morning Swim lessons /Private Lessons

SUNDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
1:00pm	4:45pm	Lanes 1-3	Lanes 4-6	

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.
- When the Deep Water Fitness class is held in the afternoons the shallow area is open.
- 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 there are 2 swimmers in a lane they may elect to split the lane in half or circle swim; use circle swim when 3+swimmers are in a 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 pool deck/area at all times regardless of swim level.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), YELLOW (Beginner-shallow only), RED (Non-swimmer-shallow end only)
 - See Swim Test Policy for details regarding the swim tests.
 - RED level swimmers MUST be accompanied by an adult within arm's reach.
 - One adult cannot be responsible for more than 2 RED level swimmers. Personal Flotation Device is recommended for RED level swimmers.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

Join us as we welcome Starmount, Elkin High School, Elkin Middle School, Forbush and Calvary Baptist Swim Teams to the Yadkin Family YMCA. No open or lap swimming from 3:30 to 6pm. The spa area will be open for members and guest over 16 years of age.