



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 2021 – POOL SCHEDULE: WILLIAM G WHITE, JR FAMILY YMCA

Schedule is subject to change due to closures, cancellations, private swim lessons and lifeguard classes

Reserved Lap Swim - (RLS)
Water Fitness - (WF)
Swim Lessons - (SL)
Swim Team - (TEAM)

MON/WED/FRI	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-8:45AM	OPEN	RLS	RLS	RLS	LAP	LAP	LAP
8:45-9:30AM	OPEN	RLS	RLS	RLS	LAP	WF (8:45)	WF (8:45)
9:30-11AM	OPEN	RLS	RLS	RLS	LAP	LAP	LAP
11AM-1PM	WF (11:00am-Mon) (11:45am-Wed)	LAP	LAP	LAP	LAP	LAP	LAP
1-3:30PM	OPEN	TEAM	TEAM	TEAM	TEAM	LAP	LAP
3:30-6PM	SL (4:45pm)	TEAM	TEAM	TEAM	TEAM	LAP	SL (5:35pm)
6-7PM	SL	TEAM	TEAM	TEAM	TEAM	LAP	SL (open at 6:20pm)
7-7:45PM	WF (7pm-Wed)	TEAM	TEAM	TEAM	TEAM	LAP	LAP
7:45-8:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

TUES/THUR	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-7:45AM	OPEN	RLS	RLS	RLS	LAP	LAP	LAP
7:45-9:30AM	WF (7:45am)	RLS	RLS	RLS	LAP	WF (8:45)	WF (8:45)
9:30-11AM	OPEN	RLS	RLS	RLS	LAP	LAP	LAP
11AM-1PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
1-3:30PM	OPEN	TEAM	TEAM	TEAM	TEAM	LAP	LAP
3:30-6PM	SL (4:45pm)	TEAM	TEAM	TEAM	TEAM	LAP	SL (5:35pm)
6-7PM	SL	TEAM	TEAM	TEAM	TEAM	LAP	SL (open at 6:20pm)
7-8:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

SAT	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7-8AM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
8-9AM	WF (8am)	LAP	LAP	LAP	LAP	LAP	LAP
9-11:30AM	SL	LAP	LAP	LAP	LAP	LAP	SL
11:30AM-5PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

SUN	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1-5PM	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

WILLIAM G. WHITE, JR. FAMILY YMCA

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 www.wgwhiteymca.org

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

A United Way Agency. Financial Assistance available.

IMPORTANT NOTES:

- 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.
- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- 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.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

SWIM TEST POLICY:

- 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.

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