



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JANUARY 2022 PROGRAM POOL SCHEDULE - KERNERSVILLE FAMILY YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	OPEN SWIM
6-10AM	OS	OS	LAP	LAP	
10A-1P	WF	WF	WF	WF	
1-5PM	OS	OS	OS	LAP	
5-7:15 PM	SL	SL	SL	SL	DEEP 1&2
7:15-7:45PM	OS	OS	LAP	LAP	

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	OPEN SWIM
6-8AM	OS	OS	LAP	LAP	
8-9AM	WF	WF	WF	WF	DEEP
9:30-10:15AM	WF	WF	WF	WF	SHALLOW
10:15A-11:15A	OS	OS	OS	LAP	
11:15A-12P	WF	WF	WF	WF	
12-5:30PM	OS	OS	OS	LAP	
5:30-7:30PM	SL	SL	SL	SL	DEEP 1&2
7:30-7:45PM	OS	OS	LAP	LAP	

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	OPEN SWIM
6-8AM	OS	OS	LAP	LAP	
8-10AM	OS	OS	OS	LAP	
10AM-12PM	WF	WF	WF	WF	DEEP
12-5PM	OS	OS	OS	LAP	
5-7:15PM	SL	SL	SL	SL	DEEP 1&2
7:15-7:45PM	OS	OS	LAP	LAP	

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	OPEN SWIM
6-10:15AM	OS	OS	LAP	LAP	
10:15AM-12PM	WF	WF	WF	WF	
12-5:30PM	OS	OS	OS	LAP	
5:30-7:30PM	SL	SL	SL	SL	DEEP 1&2
7:30-7:45PM	OS	OS	LAP	LAP	

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	OPEN SWIM
6-8AM	OS	OS	LAP	LAP	
8-9AM	WF	WF	WF	WF	DEEP
9-10AM	OS	OS	OS	LAP	
10A-12P	WF	WF	WF	WF	DEEP
12-2:45PM	OS	OS	OS	LAP	
2:45-3:45PM	OS	OS	LAP	LAP	
3:45-7:45PM	OS	OS	OS	LAP	

**KEY:**

- **WF:** WATER FITNESS
- **SL:** SWIM LESSONS
- **OS:** OS SWIM
- **DEEP:** DEEP END OF POOL
- **SHALLOW:** SHALLOW END OF POOL

Deep end area in lanes 1 & 2 are open for swimming during swim lessons. Ages 14 and under must be a green band swimmer to use this area.

**KERNERSVILLE FAMILY YMCA**

1113 West Mountain Street

Kernersville, NC 27284 P (0) 336 996 2231 (F) 336.996.8605 [www.kernersvilleymca.org](http://www.kernersvilleymca.org) A United Way Agency

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



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SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	OPEN SWIM
8-8:40AM	WF	WF	LAP	LAP	
8:40-9AM	WF	WF	SL	SL	
9A-12P	SL	SL	SL	SL	
12-5:45P	OS	OS	OS	LAP	

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	OPEN SWIM
1-3:30PM	SL	SL	SL	SL	
3:30-5:45P	OS	OS	OS	LAP	

- **Out of School Camp from 1-3:15pm:**
  - Monday & Tuesday (1/3 & 1/4)
  - Monday & Friday ( 1/17 & 1/21)
- **Swim Meet Dates:**
  - Sat. Jan 8 from 12-6pm – POOL CLOSED
  - Fri. Jan 21 from 4-8pm – POOL CLOSED
  - Wed. Jan 26 4-8pm – TWO LANES CLOSED
- Lane allocation will adjust depending on participation numbers.
- Lifeguard has final say so regarding pool policies and lanes usage.
- Multiple activities are often scheduled in this pool at the same time.
- Possible Make-ups for Swim Lessons on Friday's from 5:00-7:00 (In the event Swim Lessons are canceled during the week, we will do makeup at this time).
- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- Children 8<sup>th</sup> grade and younger must be swim tested to determine swim level.
- All elementary age children (5<sup>th</sup> 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), RED (Non-swimmer-shallow end only)
  - See Swim Test Policy for details regarding the swim tests.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

Any questions/concerns contact:

Senior Aquatics Director, Jonathan Sasser (336)996-2231 ext. 6422 or [j.sasser@ymcanwnc.org](mailto:j.sasser@ymcanwnc.org)  
 Associate Aquatics Coordinator, Beth Boul (336) 996-2231 ext. 6419 or [b.boul@ymcanwnc.org](mailto:b.boul@ymcanwnc.org)

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