



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECEMBER 2022 PROGRAM POOL SCHEDULE – KERNERSVILLE FAMILY YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8AM-12PM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
12-1PM	WF: Deep	WF: Deep	WF: Deep	WF: Deep
1-5PM	OS	OS	OS	LAP
5-6PM	SL	SL	SL	SL
6-7:10PM	WF: Shallow	WF: Shallow	SL	SL
7:10-8:45PM	OS	OS	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8-9:45AM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
9:45-11:45AM	SL	SL	SL	SL
11:45AM-5PM	OS	OS	OS	LAP
5-6 PM	WF: Shallow	WF: Shallow	SL	SL
6-7:30PM	SL	SL	SL	SL
7:30-8:45PM	OS	OS	LAP	LAP

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8AM-12PM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
12-5PM	OS	OS	OS	LAP
5-6PM	SL	SL	SL	SL
6-7:10PM	WF: Shallow	WF: Shallow	SL	SL
7:10-8:45PM	OS	OS	LAP	LAP

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4
6AM-9:45AM	OS	OS	LAP	LAP
9:45-11:45AM	SL	SL	SL	SL
11:45AM-5PM	OS	OS	LAP	LAP
5-6 PM	WF: Shallow	WF: Shallow	SL	SL
6-7:30PM	SL	SL	SL	SL
7:30-8:45PM	OS	OS	LAP	LAP

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4
6-8AM	OS	OS	LAP	LAP
8AM-12PM	WF: Shallow	WF: Shallow	WF: Shallow	WF: Shallow
2:45-7:45PM	OS	OS	OS	LAP

KEY:

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

Program Pool will be CLOSED during Swim Lessons and Out of School Days from 1:30-3:30pm.

Out of School Days:
12/19-23
12/27-30

Pool will be closed:
12/9 -4:30-8pm
12/10 – ALL DAY
12/11 – ALL DAY

Due to TYDE’s Winter Invite Swim Meet

KERNERSVILLE FAMILY YMCA

1113 West Mountain Street

Kernersville, NC 27284 P (O) 336 996 2231 (F) 336.996.8605 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
8-9AM	WF	WF	LAP	LAP
9-11:30AM	SL	SL	SL	SL
11:30A-5:30PM	OS	OS	OS	LAP

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4
1-3PM	SL	SL	SL	SL
3-5:30PM	OS	OS	OS	LAP

- **First and Third Friday Water Fitness from 6-7PM in Lanes 1-2**
- 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 5:00-7:30 (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 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), 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:

Aquatics Director, Beth Boul (336) 996-2231 ext. 6419 or b.boul@ymcanwnc.org

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