



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2023 - POOL SCHEDULE: WILLIAM G WHITE, JR FAMILY YMCA

Schedule is subject to change due to closures, cancellations, camp swim, and programming.

****There will be no lap swim available Mon-Thur from 5:30pm - 6:00pm due to programming****

Lap Swim - (LAP)
Water Fitness - (WF)
Swim Lessons - (SL)
Swim Teams - (TYDE) & (FHE)
Activity Lane - (ACT)

MON/WED	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-8:45AM	WF (7:45)	LAP	LAP	LAP	LAP	LAP	LAP
8:45-10AM	OPEN	LAP	LAP	LAP	LAP	WF (8:45)	WF (8:45)
10AM-12PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
12PM-1PM	WF (12:00pm-Mon) (11:45am-Wed)	LAP	LAP	LAP	LAP	LAP	ACT
1-1:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
1:30-3PM	OPEN	FHE	FHE	FHE	FHE	LAP	ACT
3:30-6PM	SL (4:45pm)	TYDE	TYDE	TYDE	TYDE	LAP	LAP(3:30-5:30) SL (5:35pm)
6-7PM	SL	TYDE	TYDE	TYDE	TYDE	LAP	SL (open at 6:20pm)
7-7:45PM	WF (7:15pm-Wed)	TYDE	TYDE	TYDE	TYDE	LAP	ACT
7:45-8:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT

TUES/THUR	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-8:15AM	WF (7:45-Thur)	LAP	LAP	LAP	LAP	LAP	LAP
8:15-9AM	WF	LAP	LAP	LAP	LAP	LAP	LAP
9-10:15AM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
10:15AM-1:30PM	OPEN	LAP	LAP	LAP	LAP	LAP WF 12:30	ACT WF 12:30
1:30-2PM	OPEN	FHE	FHE	FHE	FHE	LAP	ACT
2-3PM	OPEN	FHE	FHE	FHE	FHE	LAP	ACT
3:30-6PM	SL (4:45pm)	TYDE	TYDE	TYDE	TYDE	LAP	LAP(3:30-5:30) SL (5:35pm)
6-7PM	SL	TYDE	TYDE	TYDE	TYDE	LAP	SL (open at 6:20pm)
7-8:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT

FRI	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-8:45AM	WF (7:45)	LAP	LAP	LAP	LAP	LAP	LAP
8:45-10AM	OPEN	LAP	LAP	LAP	LAP	WF (8:45)	WF (8:45)
10-12PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
12-1:30PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
1:30-3PM	OPEN	FHE	FHE	FHE	FHE	LAP	ACT
3:30-6PM	OPEN	TYDE	TYDE	TYDE	TYDE	LAP	ACT

WILLIAM G. WHITE, JR. FAMILY YMCA

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

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

A United Way Agency. Financial Assistance available.



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6-7PM	OPEN	TYDE	TYDE	TYDE	TYDE	LAP	ACT
7-7:45PM	OPEN	TYDE	TYDE	TYDE	TYDE	LAP	ACT

SAT	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7-8AM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT
8-9AM	WF (8am)	LAP	LAP	LAP	LAP	LAP	ACT
9-11:30AM	SL	LAP	LAP	LAP	LAP	LAP	ACT
11:40-4:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT

SUN	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12-4:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	ACT

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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