



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MARCH/APRIL 2023 PROGRAM POOL SCHEDULE - STOKES FAMILY YMCA

RE-OCcurring EVENTS: Out of school day 3/10 & 3/27. Camp Swim will be 12:45pm-3:15pm lanes 1-2 & 4-6. *Outside swim groups on the 1st Friday of the month 3/3 from 9am-10am and the 2nd and 4th Friday of the month 3/10 & 3/24 from 1pm-2pm in the shallow end of lanes 1-2.

POOL CLOSURE: April 3rd for extensive upgrades and refurbishing. We anticipate the area to be closed for up to eight weeks.

KEY:

WF: WATER FITNESS **SHALLOW:** SHALLOW END OF POOL
SL: SWIM LESSONS **DEEP:** DEEP END OF POOL
ST: SWIM TEAM **SG:** SWIM GROUP

| MONDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|--------------|--------|--------|--------|--------|--------|--------|---------------|
| 5-10:30AM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 10:30-11:15A | WF | WF | WF | WF | WF | LAP | DEEP END ONLY |
| 11:15A-5PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 5-6PM | SL | SL | LAP | LAP | ST | ST | |
| 6-6:35PM | SL | SL | LAP | LAP | LAP | LAP | |
| 6:35-7:45PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |

| TUESDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|-----------|--------|--------|--------|--------|--------|--------|---------------|
| 5-10AM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 10-11AM | WF | WF | WF | LAP | LAP | LAP | SHALLOW ONLY |
| 11AM-12PM | WF | WF | WF | LAP | LAP | LAP | DEEP END ONLY |
| 12-5PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 5-6 PM | SL/WF | SL/WF | LAP | ST | ST | ST | |
| 6-7:45PM | SL | SL | SL | LAP | LAP | LAP | |

| WEDNESDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|--------------|--------|--------|--------|--------|--------|--------|---------------|
| 5-10:30AM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 10:30-11:15A | WF | WF | WF | WF | WF | LAP | DEEP END ONLY |
| 11:15A-5PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 5-5:45PM | OPEN | OPEN | LAP | LAP | ST | ST | LANES 1-2 |
| 5:45-7PM | OPEN | OPEN | LAP | ST | ST | ST | LANES 1-2 |
| 7-7:45PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |

| THURSDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|-----------|--------|--------|--------|--------|--------|--------|---------------|
| 5-10AM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 10-11AM | WF | WF | WF | LAP | LAP | LAP | SHALLOW ONLY |
| 11AM-12PM | WF | WF | WF | LAP | LAP | LAP | DEEP END ONLY |
| 12-5PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 5-6PM | SL/WF | SL/WF | LAP | ST | ST | ST | |
| 6-7:45PM | SL | SL | SL | LAP | LAP | LAP | |

STOKES FAMILY YMCA

105 Moore Road

King, NC 27021 P (0) 336 985 9622 (F) 336 985 8605 www.stokesymca.org A United Way Agency

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



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| FRIDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|-------------|----------|----------|---------|---------|---------|---------|---------------|
| 5-6:15AM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 6:15-7:15AM | OPEN | OPEN | LAP | LAP | ST*/LAP | ST*/LAP | LANES 1-2 |
| 7:15-9AM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 9-10AM | OPEN/*SG | OPEN/*SG | LAP | LAP | LAP | LAP | DEEP END ONLY |
| 10-11:15A | WF | WF | WF | WF | WF | LAP | DEEP END ONLY |
| 11:15A-1P | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 1-2PM | OPEN/*SG | OPEN/*SG | LAP | LAP | LAP | LAP | LANES 1-2 |
| 2-3:30PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 3:30-5PM | ST*/OP | ST*/OP | ST*/LAP | ST*/LAP | ST*/LAP | ST*/LAP | LANES 1-2 |
| 5:30-7:45PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |

| SATURDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|---------------|--------|--------|--------|--------|--------|--------|-------------|
| 8-8:40AM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |
| 8:40-9:50AM | SL | SL | SL | LAP | LAP | OPEN | LANE 6 ONLY |
| 9:50-11:15AM | SL | SL | LAP | LAP | LAP | OPEN | LANE 6 ONLY |
| 11:15A-12:00P | SL | SL | SL | LAP | LAP | OPEN | LANE 6 ONLY |
| 12-12:45PM | OPEN | OPEN | LAP | LAP | LAP | LAP | LANES 1-2 |

Lane allocation will adjust depending on participation numbers.

Lifeguard has final say so regarding pool policies and lanes usage.

Possible Makeup Swim Lessons on Wednesday and Friday: In the event Swim Lessons are canceled during the week, we will do makeup between 5pm-8pm.

Lane 6 is frequently used for swim tests as needed.

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.
- 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; use circle swim when 3+ swimmers are in a lane.
- There is no guarantee for an individual 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 (Shallow end only), 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 Lucia Colvin (336)985-9622 or

l.colvin@ymcanwnc.org

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