



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### April 2024 POOL SCHEDULE - STOKES FAMILY YMCA

**REOCCURING EVENTS:** Out of school day 04/01 and 04/22-04/26 and Camp Swim will be from 12:45-3:15pm lanes 1-2 & 4-6. \*Outside swim groups on the 1<sup>st</sup> Friday of the month 04/05 from 9:00-10:00am.

**KEY:**

**WF:** WATER FITNESS    **SHALLOW:** SHALLOW END OF POOL    **SAW=** Safety around Water swim Lessons  
**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
10:30-11:15AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15 A - 5:00 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5-6:00PM	SL	SL	LAP	TYDE	TYDE	TYDE	
5:45-7:10 PM	SL	SL	LAP	LAP	LAP	LAP	
7:10-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

TUESDAY/ THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00-10:00AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:00-10:45AM	WF	WF	WF	LAP	LAP	LAP	SHALLOW ONLY
10:45- 11:15 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
11:15AM-12PM	WF	WF	WF	LAP	LAP	LAP	DEEP END ONLY
12-5:00PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5-6:15 PM	SL/WF	SL/WF	LAP	TYDE	TYDE	TYDE	
6-7:45PM	SL	SL	LAP	LAP	LAP	SL	
7:45-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-10:30 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5-9:00A	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9-10:30A	OPEN/*SG	OPEN/*SG	LAP	LAP	LAP	LAP	DEEP END ONLY
10:30-11:15A	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15A-1:00P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
1:00-7:45 P	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

**STOKES FAMILY YMCA**

105 Moore Road

King, NC 27021 P (0) 336 985 9622 (F) 336 985 8605 [www.stokesymca.org](http://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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<b>SATURDAY</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>	<b>OPEN SWIM</b>
<b>8-8:30AM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
<b>8:30A-12:45P</b>	SL	SL	SL	LAP	LAP	OPEN	LANE 6 ONLY
<b>12:45-4:45PM</b>	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 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), 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 Allison Charles (336)985-9622 or [a.charles@ymcanwnc.org](mailto:a.charles@ymcanwnc.org)

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