



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 2024 POOL SCHEDULE – Fulton FAMILY YMCA

REOCCURRING EVENTS: The pool will close 15 minutes prior to the branch closing each day. SAW Swim Lessons will take Place on Thursdays from April 11– May 31.

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 |
|------------------|--------|--------|--------|--------|--------|--------|-----------|
| 7:00-7:30AM | OPEN | LAP | TYDE | TYDE | TYDE | TYDE | LANE 1 |
| 7:30AM – 1:00 PM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |

| TUESDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|-----------------|--------|--------|--------|--------|--------|--------|---------------|
| 7:00-7:30AM | OPEN | LAP | TYDE | TYDE | TYDE | TYDE | LANE 1 |
| 7:30 – 11:15 AM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |
| 11:15AM – 12PM | WF | WF | WF | LAP | LAP | LAP | DEEP END ONLY |
| 12:00 – 1:00PM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |

| WEDNESDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|----------------|--------|--------|--------|--------|--------|--------|-----------|
| 7:00-7:30AM | OPEN | LAP | TYDE | TYDE | TYDE | TYDE | LANE 1 |
| 7:30 – 1:00 PM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |

| THURSDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|------------------|--------|--------|--------|--------|--------|--------|---------------|
| 7:00-7:30AM | OPEN | LAP | TYDE | TYDE | TYDE | TYDE | LANE 1 |
| 7:30 – 8:45 AM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |
| 8:45 – 10:45 AM | SAW | SAW | LAP | LAP | SAW | SAW | |
| 10:45 – 11:15 AM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |
| 11:15AM – 12PM | WF | WF | WF | LAP | LAP | LAP | DEEP END ONLY |
| 12:00 – 1:00PM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |

| FRIDAY | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | OPEN SWIM |
|------------------|--------|--------|--------|--------|--------|--------|-----------|
| 7:00-7:30AM | OPEN | LAP | TYDE | TYDE | TYDE | TYDE | LANE 1 |
| 7:30AM – 1:00 PM | OPEN | LAP | LAP | LAP | LAP | LAP | LANE 1 |

FULTON FAMILY YMCA

385 W Hanes Mill Rd

Winston – Salem, NC 27105 P (0) 336 661 1093 <https://ymcanwnc.org/locations/fulton-family-ymca> A United Way Agency

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



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Lane allocation will adjust depending on participation numbers.

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

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 Allison Charles at 336 985 9622 or a.charles@ymcanwnc.org

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