



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

May 2024 POOL SCHEDULE – FULTON FAMILY YMCA

REOCCURRING EVENTS: The pool will close 15 minutes prior to the branch closing each day. Safety Around Water swim lessons will take place on Thursdays from April 11 – June 6.

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
7-7:30AM	OPEN	LAP	TYDE	TYDE	TYDE	TYDE	LANE 1
7:30 – 12:45 PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
7-7:30AM	OPEN	LAP	TYDE	TYDE	TYDE	TYDE	LANE 1
7:30 – 10:15 AM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1
10:15A – 11A	WF	WF	WF	LAP	LAP	LAP	DEEP END ONLY
11 – 12:45PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
7-7:30AM	OPEN	LAP	TYDE	TYDE	TYDE	TYDE	LANE 1
7:30 – 12:45 PM	OPEN	LAP	LAP	LAP	LAP	LAP	LANE 1

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

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
7-7:30AM	OPEN	LAP	TYDE	TYDE	TYDE	TYDE	LANE 1
7:30 – 12:45 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 (336)985-9622 or a.charles@ymcanwnc.org

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