



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**APRIL & MAY 2024 COMMUNITY POOL SCHEDULE- KERNERSVILLE FAMILY YMCA**

April & May SWIM MEETS & EVENTS-During swim meets, Community Pool is closed  
 April 20, Saturday TYDE Prep meet, 10:30AM-4:30PM  
 April 22, Monday 4:30PM-6PM, Girl Scout training group  
 May 11, Saturday TYDE Heavyweight meet, ALL DAY  
 May 16, Thursday Piedmont Plus meet, 8:00AM- 1:00PM  
 May 24, Friday Kernersville EC Swim 9:00AM-1:00PM

MON/TUE/THUR	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
<b>5AM-5:00 PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
5:15PM-6:15PM	OPEN	OPEN	LAP	<b>TYDE</b>				
6:00PM-7:30PM	OPEN	OPEN	LAP					
<b>7:30PM-8:30PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

WED	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
<b>5AM-5:00PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
5:30PM-6:30PM	OPEN	OPEN	LAP	LAP	<b>TYDE</b>			
6:30PM-7:30PM	OPEN	OPEN	LAP	LAP				
<b>7:30PM-8:30PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

FRI	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
<b>5AM-3:45PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:00PM-7:30PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

SATURDAY	LANE1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
<b>8AM-5:30PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP

SUNDAY	LANE1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
<b>1:00-2:30PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	LAP
<b>2:30-3:30PM</b>	OPEN	OPEN	LAP	LAP	LAP	LAP	LAP	<b>O.R.</b>
3:30-5:30 PM	OPEN	OPEN	LAP	<b>OAK</b>	<b>RIDGE</b>	<b>OAK</b>	<b>RIDGE</b>	LAP

\*OAK RIDGE using Lane 8 from 2:30PM to 3:30PM for coaching, Lane 4-7 from 3:30PM to 5:30PM for swim practice until **MAY 5<sup>th</sup>**, SUNDAYS ONLY.

**TYDE PRACTICE BREAKDOWN**

Time Start	Time End	Days	Group
5:15 PM	6:15 PM	M/Tu/Th	Bronze 1
5:15 PM	6:15 PM	M/Tu/Th	Bronze 2
5:30 PM	6:15 PM	M/W	Mini/Jr Prep Academy
5:30 PM	6:15 PM	Tu/Th	Sr Prep Academy
6:15 PM	7:15 PM	M-Th	Bronze 3/4
6:15 PM	7:30 PM	M-Th	Silver 1 & Silver 2



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Lane allocation will adjust depending on participation numbers.

Lifeguard is the authority regarding pool policies and lane usage.

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 2 swimmers are in a lane they may elect to split the lane in half; use circle swim when 3+ swimmers are in a 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), **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, Patrick O'Toole, at [p.otoole@ymcanwnc.org](mailto:p.otoole@ymcanwnc.org)

**KERNERSVILLE FAMILY YMCA**

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