



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**MAY 2024 LAP POOL SCHEDULE – JERRY LONG FAMILY YMCA**

**KEY: ST: SWIM TEAM SG: SWIM GROUP**  
**Occurring Events: Boy Scout group May 18: Lanes 1 and 6: 9:00–11:00am**

<b>MONDAY/WEDNESDAY</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>5-6AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6-7AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>7AM-3:15PM</b>	LAP	LAP	LAP	LAP*	LAP*	LAP*
<b>3:15-7:15PM</b>	LAP	ST	ST	ST	ST	ST
<b>7:15-8PM</b>	LAP	LAP	LAP	LAP	ST	ST
<b>7:45-8:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

<b>TUESDAY/THURSDAY</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>5-6AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6-7AM</b>	LAP	LAP	ST	ST	ST	ST
<b>7AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15-7:15PM</b>	LAP	ST	ST	ST	ST	ST
<b>7:15-7:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>7:45-8:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

<b>FRIDAY</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>5-6AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6-7AM</b>	LAP	LAP	ST	ST	ST	ST
<b>7AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15-6:15PM</b>	LAP	ST	ST	ST	ST	ST
<b>6:15-7:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

<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>7AM-5:45PM</b>	LAP*	LAP	LAP	LAP	LAP	LAP*

<b>SUNDAY</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>12-1:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>1:15-3PM</b>	LAP	LAP	LAP	SG	SG	SG
<b>3-5:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP



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Lane allocation will adjust depending on participation numbers.

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

Multiple activities are often scheduled in this pool at the same time.

- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- Lap lanes are for lap swimming only. All other activities need to be done in the program pool.
- To avoid accidents please get the swimmer's attention 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- program pool only), RED (Non-swimmer-shallow end with adult in the water within arms reach-program pool 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)712-2000 or [l.colvin@ymcanwnc.org](mailto:l.colvin@ymcanwnc.org) // Aquatics Coordinator Allison Little (336) 712-2000 (ext 6566) or [a.little@ymcanwnc.org](mailto:a.little@ymcanwnc.org)

**JERRY LONG FAMILY YMCA**

1150 S Peacehaven Road, Clemmons NC 27012

(O) 336 712 2000 (F) 336 712 2005 [www.jerrylongymca.org](http://www.jerrylongymca.org) A United Way Agency

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