



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2025 PROGRAM POOL SCHEDULE - KERNERSVILLE YMCA

| MON / WED | SHALLOW END | DEEP END |
|------------|---------------|--------------|
| 6AM-7AM | OPEN SWIM | OPEN SWIM |
| 7AM-12PM | WATER FITNESS | OPEN SWIM |
| 12PM-5PM | OPEN SWIM | OPEN SWIM |
| 5PM-6PM | SWIM LESSONS | SWIM LESSONS |
| 6PM-7PM | WATER FITNESS | SWIM LESSONS |
| 7PM-8:30PM | OPEN SWIM | OPEN SWIM |

| TUESDAY | SHALLOW END | DEEP END |
|---------------|---------------|--------------|
| 6AM-8AM | OPEN SWIM | OPEN SWIM |
| 8AM-9:45AM | WATER FITNESS | OPEN SWIM |
| 9:45AM-5PM | OPEN SWIM | OPEN SWIM |
| 5PM-5:45PM | WATER FITNESS | OPEN SWIM |
| 5:45PM-7:30PM | SWIM LESSONS | SWIM LESSONS |
| 7:30PM-8:30PM | OPEN SWIM | OPEN SWIM |

| THURSDAY | SHALLOW END | DEEP END |
|---------------|---------------|--------------|
| 6AM-5PM | OPEN SWIM | OPEN SWIM |
| 5PM-5:45PM | WATER FITNESS | OPEN SWIM |
| 5:45PM-7:30PM | SWIM LESSONS | SWIM LESSONS |
| 7:30PM-8:30PM | OPEN SWIM | OPEN SWIM |

| FRIDAY | SHALLOW END | DEEP END |
|-------------|---------------|-----------|
| 6AM-8AM | OPEN SWIM | OPEN SWIM |
| 8AM-12PM | WATER FITNESS | OPEN SWIM |
| 12PM-7:30PM | OPEN SWIM | OPEN SWIM |

| SATURDAY | SHALLOW END | DEEP END | SUNDAY | SHALLOW END | DEEP END |
|-----------|---------------|-------------|------------|--------------|--------------|
| 8AM-9AM | WATER FITNESS | OPEN | 1-3PM | SWIM LESSONS | SWIM LESSONS |
| 9AM-12PM | SWIM LESSON | SWIM LESSON | 3PM-5:30PM | OPEN | OPEN |
| 12-5:30PM | OPEN | OPEN | | | |

Program Pool will be **CLOSED** from 5-7:45pm on Mon. January 20th

Program Pool will be **CLOSED** during Out of School Days from **1:00-3:30pm.**

Out of School Days:
Thursday, January 2
Friday, January 3
Monday, January 20

KERNERSVILLE FAMILY YMCA

1113 West Mountain Street Kernersville, NC 27284

P (O) 336 996 2231 (F) 336.996.8605 www.kernersvilleymca.org A United Way Agency

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- 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.
- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- 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 at all times regardless of swim level.
- Color bands must be worn:
 - GREEN (Can swim anywhere)
 - YELLOW (Can swim in the shallow end)
 - RED (Must have an adult in the water within reach)
 - 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, Katie Searles k.searles@ymcanwnc.org

KERNERSVILLE FAMILY YMCA

1113 West Mountain Street Kernersville, NC 27284

P (O) 336 996 2231 (F) 336.996.8605 www.kernersvilleymca.org A United Way Agency

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