



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MARCH 2025 PROGRAM POOL SCHEDULE – JERRY LONG FAMILY YMCA

Swim Lessons: Pool Closed Saturdays 8:30am-10:15am

Out Of School Days: Monday-Friday 3/10-3/14 Program Pool will be closed from 12:45-3:15pm for Camp Swim

Therapy Groups: BenchMark Tuesday & Thursdays 1pm-4pm. Propel Fridays 10am-1pm

Lifeguard Class: 3/10-3/14 Lanes 3-4/ Zero Depth 10am-4pm

When slides are open the Middle Portion of lanes 1&2 are CLOSED!

KEY:

WF: WATER FITNESS

SHALLOW: SHALLOW END OF POOL OPEN

OS: OPEN SWIM

SL: SWIM LESSONS

DEEP: DEEP END OF POOL OPEN

ACTIVITY: ACTIVITY LANE

ST: SWIM TEAM

TG: OUTSIDE THERAPY GROUP

SAW: SAFETY AROUND WATER

MONDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:45AM	OPEN	WF	WF	WF	WF	CLOSED
8:45-10:15AM	OPEN	OS	OS	OS	OS	CLOSED
10:15A-12:15P	OPEN	WF	WF	WF	WF	CLOSED
12:15-4PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
4-7:15PM	OPEN	SL/DEEP	SL	SL	SL	CLOSED
7:15-8:00PM	OPEN	SL	WF	WF	WF	CLOSED
8:00-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
TUESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:45AM	OPEN	WF	WF	WF	WF	CLOSED
8:45-10:15AM	OPEN	OS	OS	OS	OS	CLOSED
10:15-11:45AM	OPEN	WF	WF	WF	WF	CLOSED
11:45A-1:00PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
1:00-4:00PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	TG	OPEN
4:00-7:45PM	OPEN	SL/DEEP	SL	SL	SL	CLOSED
7:45-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
WEDNESDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-7:45AM	OPEN	WF	WF	WF	WF	CLOSED
7:45-9:15AM	OPEN	OS	OS	OS	OS	CLOSED
9:15A-12:15PM	OPEN	WF	WF	WF	WF	CLOSED
12:15-4PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
4-7:00PM	OPEN	SL/DEEP	SL	SL	SL	CLOSED
7:00-7:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	SL	OPEN
7:00-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

JERRY LONG FAMILY YMCA

1150 S Peacehaven Road, Clemmons NC 27012

(O) 336 712 2000 (F) 336 712 2005 www.jerrylongymca.org A United Way Agency

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



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THURSDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:00AM	OPEN	OS	OS	OS	OS	CLOSED
8:00-8:45AM	OPEN	WF	WF	WF	WF	CLOSED
8:45-10:15AM	OPEN	OS	OS	OS	OS	CLOSED
10:15-11:45AM	OPEN	WF	WF	WF	WF	CLOSED
11:45A-1:00PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
1:00-4:00PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	TG	OPEN
4:00-7:45PM	OPEN	SL/DEEP	SL	SL	SL	CLOSED
7:45-8:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
FRIDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:45AM	OPEN	WF	WF	WF	WF	CLOSED
8:45-10:15AM	OPEN	OS	OS	OS	OS	CLOSED
10:15A-12:00PM	OPEN	WF	WF	WF	WF	CLOSED
12:00-2PM	OPEN	SAW	SAW	SAW	SAW	OPEN
2:00-7:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
SATURDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
7:00-8:30AM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
8:30-10:30AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
10:30-11:30AM	OPEN	SL/DEEP	SL/DEEP	SL	SL	CLOSED
11:30AM-5:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
SUNDAY	Zero Depth	LANE 1	LANE 2	LANE 3	LANE 4	SLIDES
12:00-1:00PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN
1:00-3:30PM	OPEN	SL	SL	SL	SL	CLOSED
3:30-5:45PM	OPEN	SHALLOW	SHALLOW	ACTIVITY	ACTIVITY	OPEN

Lane allocation will adjust depending on participation numbers.

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

Lifeguard has the right to retest any swimmer they feel is not swimming to their tested ability.

Possible makeup swim lessons on Fridays: In the event swim lessons are cancelled during the week, we will do makeups 4:30pm-8pm.

Lane 4 is frequently used for swim tests as needed.

Activity lanes are for use of individuals wanting to water jog or do water exercise not for lap swimming only. Lap swimmers should continue to use the lap pool for true lap swimming.

When slides are open the deep end on lanes 1 and 2 are closed.

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

Lane changes are made by the lifeguard 10-15 minutes before/after the time indicates.

- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use. Water fitness equipment is for Adult use ONLY.
- Fins, kickboards, pull buoys are NOT to be used for open swim.
- To avoid accidents please verify with lifeguard that slides are open as they may close when pool is busy even though schedule may indicate they are open.
- 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 with adult in the water within arms 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 Lucia Colvin (336)712-2000 or l.colvin@ymcanwnc.org

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