



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY 2025 LAP POOL SCHEDULE – JERRY LONG FAMILY YMCA

Swim Tests: Lane 1 is used for swim tests as needed when program pool is being used for programming or overly crowded.

Holiday Hours: July 4th 8am–3:45pm, Labor Day 8am–3:45pm

TYDE Summer Swim League: Monday–Friday 1:15pm–2:15pm & 5:15pm–7:15pm ending 7/18

TYDE Summer Swim League Swim Meets: Friday 7/11 5:15pm–Close. Entire Aquatic Area Closed

KEY:

ST: SWIM TEAM

SG: SWIM GROUP

SL: SWIM LESSONS

CAMP: CAMP SWIM TESTS

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00AM–10:15AM	LAP	LAP	LAP	LAP	LAP	LAP
10:15AM–11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM–12:15PM	LAP	LAP	LAP	LAP	LAP	LAP
12:15PM–1:15PM	CAMP	LAP	LAP	LAP	LAP	LAP
1:15PM–2:30PM	CAMP	LAP	LAP	ST	ST	ST
2:30PM–3:45PM	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM–7:15PM	LAP	ST	ST	ST	ST	ST
7:15PM–8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00AM–6:00AM	LAP	LAP	LAP	LAP	LAP	LAP
6:00AM–7:00AM	LAP	LAP	ST	ST	ST	ST
7:00AM–10:15AM	LAP	LAP	LAP	LAP	LAP	LAP
10:15AM–11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM–12:15PM	LAP	LAP	LAP	LAP	LAP	LAP
12:15PM–1:15PM	CAMP	LAP	LAP	LAP	LAP	LAP
1:15PM–2:30PM	CAMP	LAP	LAP	ST	ST	ST
2:30PM–3:45PM	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM–7:15PM	LAP	ST	ST	ST	ST	ST
7:15PM–8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00AM–10:15AM	LAP	LAP	LAP	LAP	LAP	LAP
10:15AM–11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM–1:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15PM–2:15PM	LAP	LAP	LAP	ST	ST	ST
2:15PM–3:45PM	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM–7:15PM	LAP	ST	ST	ST	ST	ST
7:15PM–8:45PM	LAP	LAP	LAP	LAP	LAP	LAP

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	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00AM-6:00AM	LAP	LAP	LAP	LAP	LAP	LAP
6:00AM-7:00AM	LAP	LAP	ST	ST	ST	ST
7:00AM-10:15AM	LAP	LAP	LAP	LAP	LAP	LAP
10:15AM-11:05AM	SL	SL	LAP	LAP	LAP	LAP
11:05AM-12:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15PM-2:15PM	LAP	LAP	LAP	ST	ST	ST
2:15PM-3:45PM	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM-7:15PM	LAP	ST	ST	ST	ST	ST
7:15PM-8:45PM	LAP	LAP	LAP	LAP	LAP	LAP
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00-6:00AM	LAP	LAP	LAP	LAP	LAP	LAP
6:00-7:00AM	LAP	LAP	ST	ST	ST	ST
7:00AM-1:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15PM-2:15PM	LAP	LAP	LAP	ST	ST	ST
2:15PM-3:45PM	LAP	LAP	LAP	LAP	LAP	LAP
3:45PM-7:15PM	LAP	ST	ST	ST	ST	ST
7:15PM-7:45PM	LAP	LAP	LAP	LAP	LAP	LAP
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00AM-5:45PM	LAP	LAP	LAP	LAP	LAP	LAP
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12:00PM-1:15PM	LAP	LAP	LAP	LAP	LAP	LAP
1:15PM-3:00PM	LAP	LAP	LAP	SG	SG	SG
3:00PM-5:45PM	LAP	LAP	LAP	LAP	LAP	LAP

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.

Lane 1 is frequently used for swim tests as needed.

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 in the activity lanes.
 - 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- 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

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