



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

**JULY 2025- POOL SCHEDULE: WILLIAM G. WHITE, JR. FAMILY YMCA**

**Schedule is subject to change due to closures, cancellations and programming.**

**\*\*Limited space available from 5-7pm on weekdays\*\***

**\*\*No Lap Lanes available 7:30-8pm T/TH\*\***

**Lap Swim – (LAP) Activity Lane – (ACT)**

**Water Fitness – (WF)**

**Swim Lessons – (SL)(SAW)**

**YMCA Swim Team – (TYDE)**

**HS Swim Team – (PK)**

MON/WED	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-10AM	WF (7:45-8:30)	ACT(8:45-9:30)	LAP	LAP	WF(8:45)	WF (8:45)	WF (8:45)
10AM-3:30PM	WF(11-11:45 Mon) SL(10-11)	LAP	LAP	LAP	LAP	LAP/ACT	ACT SL(11-12)
3:30-8:45PM	SL (Begin at 4:45) SL (Done at 6:30)	OPEN	OPEN	OPEN	OPEN	OPEN	ACT PK(7:30-8:30)

TUES/THUR	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-9:35AM	WF(7:45Thur) WF (8:15Tue)	LAP	LAP	LAP	LAP	LAP/ACT	ACT
9:35AM-1:30PM	WF (11:30-12:15) SL(10-11)	LAP	LAP	LAP	LAP	WF(12:45-1:30)	WF SL(11-12)
1:30-3:30PM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT
3:30-8:45PM	SL (4:45-8)	OPEN	OPEN	OPEN	OPEN	OPEN	SL (6-8) PK(7:30-8:30)

FRI	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-9AM	WF (7:45)	LAP	LAP	LAP	LAP	LAP/ACT	LAP
9-10AM	OPEN	ACT(8:45-9:30)	LAP	LAP	WF (8:45)	WF (8:45)	WF (8:45)
10-3PM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT
3-7:45PM	WF (2:45pm) OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	ACT

**WILLIAM G. WHITE, JR. FAMILY YMCA**

775 West End Boulevard Winston-Salem NC 27101 P 336 721 2100 [www.wqwhiteymca.org](http://www.wqwhiteymca.org)

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

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SAT	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7-8AM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT
8-11AM	WF (8-8:45) SL (9-11am)	LAP	LAP	LAP	LAP	LAP/ACT	ACT
11AM-5:45PM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	SL (10:40-11:25)

SUN	SHALLOW	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12-5:45PM	OPEN	LAP	LAP	LAP	LAP	LAP/ACT	ACT

**\*\* Parkland Swim has practice M-Th 7:30-8:30 \*\***

**\*\* Camp Swim will be using the shallow area 1:30-3:30pm on weekdays\*\***

**\*\* Morning Swim Lessons in Shallow Area & Lane 6 Monday - Thursday \*\***

### IMPORTANT NOTES:

- 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.
- If there are 2 swimmers in a lane they may elect to split the lane in half or circle swim; use circle swim when 3+ swimmers are in a lane.
- Pool rules must be followed (posted) and lifeguards have the final say, including on all swim tests.

### SWIM TEST POLICY:

- 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 (Beginner-shallow only), RED (Non-swimmer-shallow end only)
  - See Swim Test Policy for details regarding the swim tests.
  - RED level swimmers MUST be accompanied by an adult within arm's reach.
  - One adult cannot be responsible for more than 2 RED level swimmers. Personal Flotation Device is recommended for RED level swimmers.
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