



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## August 2025 POOL SCHEDULE – Stokes Family YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00- 10:30 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30-11:15 AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15 AM -1 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
1:00- 3:00 PM	OPEN	OPEN	LAP	CAMP	CAMP	CAMP	LANES 1-2
3:00- 5:15 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5:15-7:10 PM	SL	SL	LAP	LAP	LAP	LAP	NO OPEN SWIM
7:10-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
TUESDAY/ THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00-10:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:00-11:00 AM	WF	WF	WF	WF	LAP	LAP	SHALLOW ONLY
11:00 AM-12:00 PM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
12:00-1:00 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
1:00- 3:00 PM	CAMP	CAMP	CAMP	CAMP	CAMP	LAP	LANE 1-2
3:00- 5:15 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
5:15-7:45 PM	SL/WF	SL/WF	SL/WF	LAP	LAP	LAP	NO OPEN SWIM
7:45-8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00-8:45 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANE 1-2
10:30-11:30 AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
12:30 -1:00 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

1:00- 3:00 PM	CAMP	CAMP	CAMP	CAMP	CAMP	LAP	LANE 1-2
11:15 AM –8:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00-10:30 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30 –11:15 AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY
11:15 AM-7:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
8:00-9:15 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9:15 AM-12:00 PM	SL	SL	SL	LAP	LAP	OPEN	LANE 6 ONLY
12:00-4:45 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2

Key:

WF: Water Fitness

Shallow: Shallow end of pool

SL: Swim Lessons

DEEP: Deep end of pool

CAMP: Camp Swim

- Lane allocation will adjust depending on participation numbers.
  - Lifeguard has final say so regarding pool policies and lane usage.
  - Possible Makeup Swim Lessons on Wednesday and Friday: In the event Swim Lessons are canceled during the week, we will do makeup between 5pm-8pm.
  - Lane 6 is frequently used for swim tests as needed.
  - 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.
  - 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 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 the 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).
    - o 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.

Please contact James de Goede at [j.degoede@ymcanwnc.org](mailto:j.degoede@ymcanwnc.org) with any questions, comments, or concerns

STOKES FAMILY YMCA

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