



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2025 LAP POOL SCHEDULE – Wilkes Family YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5am-8am	OPEN	OPEN	OPEN	LAP	LAP	LAP
8am-9:00 AM	WF	WF	WF	LAP	LAP	LAP
9am-1pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
1pm-3pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
3pm-4pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
4:00-5:30pm	ACHS	ACHS	ACHS	WILKES	WILKES	WILKES
5:45-7:15pm	OPEN	OPEN	OPEN	LAP	LAP	LAP

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-9:30 AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9:30-10:15am	WF	WF	OPEN	LAP	LAP	LAP
10:15am-1pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
1pm-3:00pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
4:00-5:30pm	OPEN	ACHS	ACHS	ACHS	TYDE	TYDE
5:45-7:15pm	OPEN	OPEN	OPEN	WILKES	WILKES	WILKES

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5am-8am	OPEN	OPEN	OPEN	LAP	LAP	LAP
8am-9:00 AM	WF	WF	WF	LAP	LAP	LAP
9am-1pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
1pm-3pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
3pm-4pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
4:00-5:30pm	ACHS	ACHS	ACHS	WILKES	WILKES	WILKES
5:45-7:15pm	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5-9:30 AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9:30-10:15am	WF	WF	OPEN	LAP	LAP	LAP
10:15am-1pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
1pm-3:00pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
4:00-5:30pm	OPEN	ACHS	ACHS	ACHS	TYDE	TYDE
5:45-7:15pm	OPEN	OPEN	OPEN	WILKES	WILKES	WILKES

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5am-8am	OPEN	OPEN	OPEN	LAP	LAP	LAP
8am-9am	WF	WF	WF	LAP	LAP	LAP
9am-1pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
1pm-3pm	OPEN	OPEN	OPEN	LAP	LAP	LAP
3pm-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

Wilkes Family YMCA

1801 YMCA Blvd, Wilkesboro 28697

P 336 838 3991 www.wilkesymca.org

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



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SL: Swim Lessons
LAP – For training
TYDE – TYDE Swim Team
WILKES – Wilkes County High Schools
ACHS – Alexander County High School

WF: Water Fitness
OPEN – For anyone to use

- Lane allocation will adjust depending on participation numbers.
- Lifeguards have 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 the pool deck/area at all times regardless of swim level.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), RED (Non-swimmer-shallow end 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, Kyle Holmes kyle.holmes@ymcanwnc.org

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