



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

High School Swim Team Schedule 10/29/2025 – 01/30/2026

Monday 3:30pm–5:00pm

Tuesday 3:30pm–5:00pm

Wednesday 3:30pm–5:00pm*

Thursday 3:30pm–5:00pm

Friday 3:30pm–5:00pm*

During this time, the hot tub, sauna, and steam room will be open for members and guests.

*No swim team practice on swim meet days (See schedule below).

The Aquatics Area will be closed during all swim meets. This includes the hot tub, sauna, steam room, pool, and pool deck.

Swim Meet Dates

Wednesday

December 3 5:00pm – 8:30pm

December 10 3:45pm – 8:30pm

December 17 4:45pm – 8:30pm

Friday

December 5 5:15pm – 8:30pm

December 12 4:45pm – 8:30pm

January 7 3:45pm – 8:30pm

January 21 5:15pm – 8:30pm

Pool closes for swim meets at indicated time above.

STOKES FAMILY YMCA

105 Moore Road King, NC 27021

(O) 336 985 9622 (F) 336 985 8605 www.ymcanwnc.org

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