



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECEMBER 2025 POOL SCHEDULE – Stokes Family YMCA

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00- 6:15 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
6:15AM-7:00AM	OPEN	OPEN	LAP	ST	ST	ST	LANES 1-2
7:00AM-10:30AM	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 –3:30 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
3:30PM-5:00 PM	HS	HS	HS	HS	HS	HS	NONE
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	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00-9:00 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
9:00AM-10:00AM	SL	SL	SL	LAP	LAP	LAP	DEEP END ONLY
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
12:00-3:30 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
3:30PM-5:00 PM	HS	HS	HS	HS	HS	HS	NONE
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
5:00-6:15AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANE 1-2
6:15AM-7:00AM	OPEN	OPEN	LAP	ST	ST	ST	LANES 1-2
7:00AM-10:30AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
10:30-11:15 AM	WF	WF	WF	WF	LAP	LAP	DEEP END ONLY

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."

11:15 AM –3:30 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
3:00PM-5:00 PM	HS	HS	HS	HS	HS	HS	NONE
5:00PM-8:45PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
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
12:00-3:30 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
3:30PM-5:00 PM	HS	HS	HS	HS	HS	HS	NONE
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
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	OPEN SWIM
5:00-6:15 AM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
6:15AM-7:00AM	OPEN	OPEN	LAP	ST	ST	ST	LANES 1-2
7:00AM-10:30AM	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-3:30 PM	OPEN	OPEN	LAP	LAP	LAP	LAP	LANES 1-2
3:30PM-5:00 PM	HS	HS	HS	HS	HS	HS	NONE
5:00PM-7:45PM	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

ST: Swim Team

HS: High School

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