



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JANUARY 2026 LAP POOL SCHEDULE – JERRY LONG FAMILY YMCA

**Swim Tests:** Lane 1 is used for swim tests as needed when program pool is being used for programming or overly crowded.

**High School Swim Meets:** 1/9, 1/23, & 1/30 Entire Aquatics Area will be closed starting at 5:15pm

**Holiday Schedule:** 1/1 8am-5pm

**KEY:**

**ST:** SWIM TEAM

**SG:** SWIM GROUP

**SL:** SWIM LESSONS

**CAMP:** CAMP SWIM TESTS

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>5:00AM-6:00AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:00AM-7:15AM</b>	LAP	LAP	LAP	ST	ST	ST
<b>7:15AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15PM-8:45PM</b>	LAP	ST	ST	ST	ST	ST
TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>5:00AM-6:00AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:00AM-7:00AM</b>	LAP	LAP	ST	ST	ST	ST
<b>7:00AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15PM-8:45PM</b>	LAP	ST	ST	ST	ST	ST
WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>5:00AM-6:00AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:00AM-7:15AM</b>	LAP	LAP	LAP	ST	ST	ST
<b>7:15AM-2:00PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>2:00PM-3:15PM</b>	LAP	LAP	ST	ST	ST	ST
<b>3:15PM-8:45PM</b>	LAP	ST	ST	ST	ST	ST
THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>5:00AM-6:00AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:00AM-7:00AM</b>	LAP	LAP	ST	ST	ST	ST
<b>7:00AM-3:15PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>3:15PM-8:45PM</b>	LAP	ST	ST	ST	ST	ST
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>5:00AM-6:00AM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>6:00AM-7:00AM</b>	LAP	LAP	ST	ST	ST	ST
<b>7:00AM-2:00PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
<b>2:00PM-3:15PM</b>	LAP	LAP	ST	ST	ST	ST
<b>3:15PM-6:00PM</b>	LAP	ST	ST	ST	ST	ST
<b>6:00PM-7:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>7:00AM-5:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<b>12:00PM-5:45PM</b>	LAP	LAP	LAP	LAP	LAP	LAP

**JERRY LONG FAMILY YMCA**

1150 S Peacehaven Road, Clemmons NC 27012

(O) 336 712 2000 (F) 336 712 2005 [www.jerrylongymca.org](http://www.jerrylongymca.org) A United Way Agency

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



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Lane allocation will adjust depending on participation numbers.

Lifeguard has final say so regarding pool policies, lanes usage and swim tests.

Lifeguard has the right to retest any swimmer they feel is not swimming to their tested ability.

Possible makeup swim lessons on Fridays: In the event swim lessons are cancelled during the week.

Lane 1 is frequently used for swim tests as needed.

Multiple activities are often scheduled in this pool at the same time.

- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use.
- Lap lanes are for lap swimming only. All other activities need to be done in the program pool in the activity lanes.
- 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 pool deck/area at all times regardless of swim level.
- Color bands MUST be worn – GREEN (Swimmer-can swim anywhere), YELLOW (Shallow end- program pool only), RED (Non-swimmer-shallow end with adult in the water within arms reach-program pool 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 Lucia Colvin (336)712-2000 or [l.colvin@ymcanwnc.org](mailto:l.colvin@ymcanwnc.org)

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