



# KERNERSVILLE FAMILY YMCA PROGRAM POOL SCHEDULE JANUARY 2026

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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	TIME	SHALLOW END	DEEP END
MONDAY/ WEDNESDAY	6AM-7AM	OPEN SWIM	OPEN SWIM
	7AM-11:45AM	WATER FITNESS	OPEN SWIM
	11:45AM-5PM	OPEN SWIM	OPEN SWIM
	5PM-6:30PM	SWIM LESSONS	OPEN SWIM
	6:30PM-8:30PM	OPEN SWIM	OPEN SWIM
TUESDAY/THURSDAY	6AM-8AM	OPEN SWIM	OPEN SWIM
	8AM-8:45AM	WATER FITNESS (TUESDAYS)	WATER FITNESS (THURSDAYS)
	8:45AM-5:15PM	OPEN SWIM	OPEN SWIM
	5PM-6PM	WATER FITNESS	OPEN SWIM
	6PM-7:30PM	SWIM LESSONS	OPEN SWIM
	7:30PM-8:30PM	OPEN SWIM	OPEN SWIM
FRIDAY	6AM-8AM	OPEN SWIM	OPEN SWIM
	8AM-11:45AM	WATER FITNESS	OPEN SWIM
	11:45AM-7:30PM	OPEN SWIM	OPEN SWIM
SATURDAY	8AM-9AM	WATER FITNESS	OPEN SWIM
	9AM-11:45AM	SWIM LESSONS	OPEN SWIM
	11:45AM-5:30PM	OPEN SWIM	OPEN SWIM
SUNDAY	1-3:30PM	SWIM LESSONS	SWIM LESSONS
	3:30PM-5:30PM	OPEN SWIM	OPEN SWIM

The Program Pool will be closed for Day Camp swim between 12:30-2pm on January 2.



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- Lane allocation will adjust depending on participation numbers.
- Lifeguard has 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. See Swim Test Policy for details regarding the swim tests.
- Swim tests are valid for 365 days. Children with valid swim tests may receive a swim band at the Membership Desk.
- Color bands must be worn:
  - GREEN: Can swim anywhere
  - YELLOW: Can swim in the shallow end
  - RED: Can swim in the shallow end with an adult in the water within reach
- All elementary age children (5th grade & under) must have a parent or guardian (18+) on pool deck at all times regardless of swim level. Middle School-aged swimmers who have not completed all sessions of their Middle School Orientation must also have a parent or guardian on deck regardless of swim level.
- Pool rules must be followed and lifeguards have the final say including on all swim tests.

**Any questions/concerns contact:**

**Aquatics Director, Katie Searles [k.searles@ymcanwnc.org](mailto:k.searles@ymcanwnc.org)**