



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## January 2026–SMALL POOL SCHEDULE: Statesville Family YMCA

**Swim Lessons (SL) – Tuesdays & Thursdays from 5:30pm to 7:30pm, & Wednesdays 1pm to 2pm; Saturdays from 10am to 12:05pm**  
**Class – Refer to Water Fitness Class Schedule**  
**Safety Around Water Swim Lesson (SAW) – Boys & Girls Club on Mondays from 4:30pm–5:30pm; The Wave Christian school on Thursdays from 1pm–2pm starting 1/22/2026**  
**PHC Physical Therapy & Rehab Services (PHC)–Aqua Therapy Session through Piedmont Healthcare**

MONDAYS	
5AM–10AM	OPEN
10AM–11AM	CLASS
11AM–4:30PM	OPEN
4:30PM–5:30PM	SAW
5:30PM–7:30PM	OPEN

TUESDAYS	
5AM–1PM	OPEN
1PM–2PM	PHC
2PM–5:30PM	OPEN
5:30PM–7:30PM	SL

WEDNESDAYS	
5AM–10AM	OPEN
10AM–11AM	CLASS
11AM–1PM	OPEN
1PM–2PM	SL
2PM–7:30PM	OPEN

THURSDAYS	
5AM–1PM	OPEN
1PM–2PM	SAW
2PM–5:30PM	OPEN
5:30PM–7:30PM	SL

FRIDAYS	
5AM–10AM	OPEN
10AM–11AM	CLASS
11AM–1PM	OPEN
1PM–2PM	PHC
3:30PM–4:30PM	AFTERSCHOOL
4:30PM–5:30PM	OPEN
5:30PM–7PM	SL (MAKE-UP)

### STATESVILLE FAMILY YMCA

828 Wesley Drive, Statesville, NC 28677

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

<b>SATURDAYS</b>	
<b>8AM-10AM</b>	OPEN
<b>10AM-12:05PM</b>	SL
<b>12:05PM-3:30PM</b>	OPEN
<b>SUNDAYS</b>	
<b>1PM-4:30PM</b>	OPEN

### IMPORTANT NOTES:

- Multiple activities are often scheduled in the Main pool at the same time.
- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use. Equipment are for lap swimmers only.
- If there are 2 swimmers in a lane they may elect to split the lane in half or circle swim; use circle swim when 3+ swimmers are in a lane.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

### SWIM TEST POLICY:

- Children 8<sup>th</sup> grade and younger are encouraged to take swim test to determine swim level.
- All elementary age children (5<sup>th</sup> grade & under) must have a parent or guardian (18+) on pool deck/in the pool at all times regardless of swim level.
- Middle school students (6<sup>th</sup>-8<sup>th</sup> grade) are allowed in the pool without a parent with completion of Middle School Orientation and passing the green swim test.
- Color bands must be worn – GREEN (Swimmer-can swim anywhere), YELLOW (Beginner-small pool & shallow end of big pool or parent within arm's reach in the deep end of big pool), RED (Non-swimmer-small pool with PFD or parent within arm's reach in the pool.)
  - See Swim Test Policy for details regarding the swim tests.
  - One adult cannot be responsible for more than 2 RED level swimmers without lifejacket. We will allow a 1 adult to 4 red band swimmers/nonswimmers as long as all children are in life jackets.
  - Personal Flotation Device is recommended for RED level swimmers.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

### SCAN HERE TO REGISTER FOR WINTER/SPRING 2026 SWIM LESSONS



### POOL AREA CLOSURES DUE TO HIGH SCHOOL SWIM MEETS

- The pool area will be closed from 4pm on these days: 1/12.

### HIGH SCHOOL SWIM TEAM PRACTICE TIMES

- 3:45PM-4:45PM, 5PM-6PM, 6:15PM-7:15PM

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## January 2026-MAIN POOL SCHEDULE: Statesville Family YMCA

**Reservation (RSV) – Reserve lap lanes on app. or website**

**Swim Lessons (SL) – Tuesdays & Thursdays from 5:30pm to 7:30pm; & Wednesdays 1pm to 2pm; Saturdays 10am to 11am**

**TYDE – YMCA of NWNC year-round Swim Team**

**Safety Around Water Swim Lesson (SAW) – Boys & Girls Club on Mondays from 4:30pm-5:30pm; The Wave Christian school on Thursdays from 1pm-2pm starting 1/22/2026**

MONDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9:15AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
9:15AM-10AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
10AM-11AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
11AM-12PM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
12PM-3:45PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
3:45PM-5PM	OPEN	SAW	RSV 30min	HS	HS	HS
5PM-6:30PM	OPEN	TYDE	TYDE	HS	HS	HS
6:30PM-7:30PM	OPEN	OPEN	RSV 30min	HS	HS	HS

TUESDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-8:15AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
8:15AM-9AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
9AM-3:45PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
3:45PM-5PM	CLASS	TYDE	TYDE	HS	HS	HS
5PM-6:30PM	TYDE	TYDE	TYDE	HS	HS	HS
6PM-7:30PM	OPEN	SL	SL	HS	HS	HS

WEDNESDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9:15AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
9:15AM-10AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
10AM-11AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
11AM-12PM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
12PM-1PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
1PM-2PM	OPEN	SL	RSV 30min	RSV 60min	RSV 60min	RSV 60min
2PM-3:45PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
3:45PM-7:30PM	OPEN	OPEN	RSV 30min	HS	HS	HS

THURSDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-8:15AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
8:15AM-9AM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
9AM-3:45PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
3:45PM-5PM	CLASS	TYDE	TYDE	HS	HS	HS
5PM-6PM	TYDE	TYDE	TYDE	HS	HS	HS
6PM-7:30PM	OPEN	SL	SL	HS	HS	HS

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FRIDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-11AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
11AM-12PM	CLASS	CLASS	CLASS	RSV 60min	RSV 60min	RSV 60min
12PM-3:30PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
3:30PM-4:30PM	Afterschool	Afterschool	RSV 30min	HS	HS	HS
4:30PM-6PM	OPEN	OPEN	RSV 30min	HS	HS	HS
6PM-7PM	OPEN	SL (Make-Up)	RSV 30min	HS	HS	HS

SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8AM-10AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
10AM-11AM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min
11AM-3:30PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1PM-4:30PM	OPEN	OPEN	RSV 30min	RSV 60min	RSV 60min	RSV 60min

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