



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2026 LAP POOL SCHEDULE – Wilkes Family YMCA

SL - Swim Lessons LAP - For training	WF - Water Fitness OPEN - For anyone to use	HS - High School Swim Teams TYDE - TYDE Swim Team				
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MONDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8AM-8:45AM	WF	WF	WF	WF	LAP	LAP
9AM-4PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4PM-5:30PM	HS	HS	HS	HS	HS	HS
5:30PM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

TUESDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-9:30 AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
9:30AM-10:15AM	WF	WF	OPEN	LAP	LAP	LAP
10:15AM-4PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4PM-5:30PM	OPEN	HS	HS	HS	TYDE	TYDE
5:30PM-7:15PM	OPEN	OPEN	OPEN	HS	HS	HS
7:15PM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

WEDNESDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8AM-8:45AM	WF	WF	WF	WF	LAP	LAP
8:45AM-4PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4PM-5:30PM	HS	HS	HS	HS	HS	HS
5:30PM- 7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

THURSDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-4PM	OPEN	OPEN	OPEN	LAP	LAP	LAP
4PM-5:30PM	OPEN	HS	HS	HS	TYDE	TYDE
5:30PM-7:15PM	OPEN	OPEN	OPEN	HS	HS	HS
7:15PM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

FRIDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5AM-8AM	OPEN	OPEN	OPEN	LAP	LAP	LAP
8AM-8:45AM	WF	WF	WF	WF	LAP	LAP
9AM-7:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

SATURDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8AM-5:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

SUNDAYS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1PM-5:30PM	OPEN	OPEN	OPEN	LAP	LAP	LAP

Wilkes Family YMCA

1801 YMCA Blvd, Wilkesboro 28697
P 336 838 3991 www.wilkesymca.org

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



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POOL AREA CLOSURES DUE TO HIGH SCHOOL SWIM MEETS

- The pool area will be closed starting at 3:45 on this date: 1/16
- These closures include: Lap pool, Sunshine pool, Sauna, Steam room, and Hot tub.

IMPORTANT NOTES:

- Multiple activities are often scheduled in the Lap pool at the same time.
- Lane allocation will adjust depending on participation numbers.
- Please get equipment (kickboards, pull buoys, etc.) before entering the pool and please put them away after use. Equipment are for lap swimmers only.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.

SWIM TEST POLICY:

- Children 8th grade and younger are encouraged to take swim test to determine swim level.
- All elementary age children (5th 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 (6th-8th 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.

Any questions/concerns contact:

Aquatics Director, Megan Dye m.dye@ymcanwnc.org

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January 2026 SUNSHINE POOL SCHEDULE – Wilkes Family YMCA

MONDAYS	
5AM-9AM	OPEN
9AM-11:45AM	WF
11:45AM-5:30PM	OPEN
5:35PM-6:20PM	SL (USES ½ OF THE POOL)
6:20PM-7:30PM	OPEN
TUESDAYS	
5AM-5PM	OPEN
5PM-5:30PM	SL (USES ½ OF THE POOL)
5:30PM-7:30PM	OPEN
WEDNESDAYS	
5AM-9AM	OPEN
9AM-11:45AM	WF
11:45AM-7:30PM	OPEN
THURSDAYS	
5AM-8AM	OPEN
8AM-10AM	WF
10AM-5PM	OPEN
5PM-5:30PM	SL (USES ½ OF THE POOL)
5:30PM-7:30PM	OPEN
FRIDAYS	
5AM-9AM	OPEN
9AM-11:45AM	WF
11:45AM-7:30PM	OPEN
SATURDAYS	
8AM-8:55AM	OPEN
9AM-11AM	SL (USES ½ OF THE POOL)
11AM-5:30PM	OPEN
SUNDAYS	
1PM-5:30PM	OPEN

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