



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## January 2026 LAP POOL SCHEDULE – Wilkes Family YMCA

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

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

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

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

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

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

<b>SUNDAYS</b>	<b>LANE 1</b>	<b>LANE 2</b>	<b>LANE 3</b>	<b>LANE 4</b>	<b>LANE 5</b>	<b>LANE 6</b>
<b>1PM-5:30PM</b>	OPEN	OPEN	OPEN	LAP	LAP	LAP

### Wilkes Family YMCA

1801 YMCA Blvd, Wilkesboro 28697

P 336 838 3991 [www.wilkesymca.org](http://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 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.

**Any questions/concerns contact:**

**Aquatics Director, Megan Dye [m.dye@ymcanwnc.org](mailto:m.dye@ymcanwnc.org)**

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## January 2026 SUNSHINE POOL SCHEDULE – Wilkes Family YMCA

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

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