



KERNERSVILLE FAMILY YMCA PROGRAM POOL SCHEDULE NOVEMBER 2025

FOR YOUTH DEVELOPMENT®
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-7PM | SWIM LESSONS | SWIM LESSONS OPEN SWIM |
| | 7PM-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 OPEN SWIM |
| | 3:30PM-5:30PM | OPEN SWIM | OPEN SWIM |

Due to increasing swim lesson numbers, the shallow end will be closed to non-program participants while swim lessons are in session.

The Program Pool will be closed for Day Camp swim between 12:30-2pm on Wednesday, November 26.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- 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