



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM POOL SCHEDULE

SEPTEMBER 2025

- Lifeguards are here for your safety and have final say on all matters; including rules, swim testing, and pool schedule
- Lane changes are made by the Lifeguards 5 minutes before the time indicates
- Please get equipment before entering the pool and please put equipment away after use
- Lap lanes may be used for lap swimming or water walking only (no stationary exercising); swimmers are expected to share lanes by either splitting lanes or circle swimming
- YMCA Private lessons may share open/lap swim lanes with members/guests during open hours; Group Swim Lesson lanes are closed to members/guests

MONDAY/WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM (WEDNESDAY ONLY)
6:30am – 7:30am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
7:30am – 7:55am	OPEN SWIM	LAP SWIM			
8:00am – 11:00am	WATER FITNESS				
11:00am – 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm – 3:25pm	OPEN SWIM	OPEN SWIM	LAP SWIM		
3:30pm – 4:55pm	OPEN SWIM	YBAC SWIM TEAM			
5:00pm – 7:00pm	SWIM LESSONS	YBAC SWIM TEAM			
7:00pm – 7:45pm	OPEN SWIM	OPEN SWIM	SWIM LESSONS	LAP SWIM	LAP SWIM
TUESDAY/THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30am	OPEN SWIM	LAP SWIM	LAP SWIM	YBAC MASTER SWIM TEAM	
6:30am – 7:30am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
7:30am – 7:55am	OPEN SWIM	LAP SWIM			
8:00am – 11:00am	WATER FITNESS				
11:00am – 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm – 3:25pm	OPEN SWIM	OPEN SWIM	LAP SWIM		
3:25pm – 4:35pm	OPEN SWIM	YBAC SWIM TEAM			
4:40pm – 7:00pm	SWIM LESSONS	YBAC SWIM TEAM			
7:00pm – 7:45pm	WATER FITNESS				LAP SWIM
FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:30am – 6:30 am	OPEN SWIM	LAP SWIM	LAP SWIM	LAP SWIM	YBAC SWIM TEAM
6:30am – 7:55am	OPEN SWIM	LAP SWIM			
8:00am – 11:00am	WATER FITNESS				
11:00am – 1:00pm	OPEN SWIM	LAP SWIM			
1:00pm – 3:25pm	OPEN SWIM	OPEN SWIM	LAP SWIM		
3:30pm – 4:30pm	AFTERSCHOOL	YBAC SWIM TEAM			
4:30pm – 7:00pm	LAP SWIM	YBAC SWIM TEAM			
4:00pm – 7:00pm	LAP SWIM	YBAC SWIM TEAM			
7:00pm – 7:45pm	OPEN	LAP SWIM			
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
7:00am – 8:30am	OPEN	LAP SWIM			
8:30am – 9:20am	WATER FITNESS				
9:20am – 10:00am	GROUP SWIM LESSONS				LAP SWIM
10:00am – 12:30pm	GROUP SWIM LESSONS			LAP SWIM	LAP SWIM
12:30pm – 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM	LAP SWIM	YBAC SWIM (1-2pm)
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm – 3:00pm	OPEN SWIM	OPEN SWIM	LAP SWIM		
3:00pm – 4:00pm	OPEN SWIM	OPEN SWIM	LAP SWIM	ALAMANCE COUNTY SPECIAL OLYMPICS	
4:00pm – 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM		

SCHEDULE IS SUBJECT TO CHANGE DUE TO CLOSURES, CANCELLATIONS, AND PROGRAMMING
SEE BACK FOR SCHEDULE CHANGES

SCHEDULE NOTES:

- 17 Kids Fun Day swim (lanes 4 and 5)
- 26 Freestyle Frenzy intrasquad meet. Pool closes at 3pm

SWIM TESTING POLICY:

All children ages 12 & Under are required to complete a swim test and must have an adult 18 years or older present with them on deck. Lifeguards have the authority to require any person, regardless of age and ability, to wear a lifejacket if deemed necessary.

Children who complete the swim test will receive a Swim Test Completion Card to be shown to the lifeguards to receive a swim band. If this card is not shown, children will be required to retake the swim test.

RED BAND

NON-SWIMMERS

PRIVILEGES:

- Lifejacket required
- Must remain in shallow end of the pool with an adult in the water within arms length

YELLOW BAND

TEST:

- Starting in the shallow end, swim a half length of the pool and back to the starting area without touching the bottom or walls of the pool
- Must exit the water unassisted without using the stairs or ladder

PRIVILEGES:

- May swim in the shallow end of the pool with an adult present on the deck
- No swim test is needed if child is tall enough where water is above their arm pits

GREEN BAND

TEST:

- Starting in deed end, must jump into the water, submerge above the head and resurface
- Swim a half length of the pool front crawl (freestyle)
- Tread water for 30 seconds
- Swim a half length of the pool back crawl (backstroke)
- Must exit the water unassisted without using the stairs or ladder

PRIVILEGES:

- May swim in the shallow and deep end with and adult present on the deck