



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROGRAM POOL SCHEDULE

## MAY 2025

**LIFEGUARD TRAINING WILL BE CONDUCTED WEEKLY FRIDAY/SATURDAY/SUNDAY FROM MAY 2 - MAY 18. CLASS SIZES MAY VARY. OPEN SWIM MAY BE REDUCED OR REMOVED FROM SCHEDULE TO ACCOMMODATE CLASS SIZE. THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION AS WE PREPARE TO KEEP OUR COMMUNITY SAFE AROUND WATER THIS SUMMER AND STAFF OUR LOCAL COMMUNITY POOLS!**

- 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 Swim Lanes are for lap swimming or water walking only (no stationary exercising); swimmers are expected to share lanes by lane splitting 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	LAP SWIM	YBAC SWIM TEAM			
5:00pm - 7:00pm	SWIM LESSONS	YBAC SWIM TEAM			
7:00pm - 7:45pm	SWIM LESSONS		LAP SWIM	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	LAP 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
5:30am - 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	LIFEGUARD TRAINING		YBAC SWIM TEAM		
7:00pm - 7:45pm	OPEN	LAP SWIM	LIFEGUARD TRAINING		
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	SWIM LESSONS				LAP SWIM
10:00am - 12:30pm	SWIM LESSONS			LIFEGUARD TRAINING	
12:30pm - 4:45pm	OPEN SWIM	LAP SWIM	LIFEGUARD TRAINING		
SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
1:00pm - 3:00pm	OPEN SWIM	LAP SWIM	LIFEGUARD TRAINING		
3:00pm - 4:00pm	OPEN SWIM	ALAMANCE COUNTY SPECIAL OLYMPICS		LIFEGUARD TRAINING	
4:00pm - 4:45pm	OPEN SWIM	OPEN SWIM	LAP SWIM		

**SCHEDULE IS SUBJECT TO CHANGE DUE TO CLOSURES, CANCELLATIONS, AND PROGRAMMING**

For questions about pool rental/party inquiries, please contact Briley Penner at [bpenner@acymca.org](mailto:bpenner@acymca.org) or (336) 395-9622 ext. 215

## SCHEDULE NOTES:

- 2-4 Lifeguard Training (see schedule)
- 9-11 Lifeguard Training (see schedule)
- 16-18 Lifeguard Training (see schedule)
- 25 Camp Frontier Pool OPEN to YMCA Members + Member Guests
- 30 5:30-7:30pm (2 Lanes) Summer Camp Staff In-Water Training

## SWIM TESTING POLICY:

All children ages 12 & Under are required to complete a swim test and must have an adult age 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 deep 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 an adult present on the deck