



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 1–March 31 Pool Schedule

Reuter Family YMCA

* M/W/F 8:00–9:00a Water Fitness 1 lane

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00a–12:00p Lap Swim	5:30–9:00a Lap Swim	5:30–9:00a Lap Swim	5:30–9:00a Lap Swim	5:30–9:00a Lap Swim	5:30–9:00a Lap Swim	7:00–9:00a Lap Swim
	9:00–10:00a Aqua Tabata	9:00–10:00a Hydro Burn	9:00–10:00a Aqua Tabata	9:00–10:00a Hydro Burn	9:00–10:00a Hydro Burn	
	10:00–11:00a Hydro Burn	10:00–11:00a H2OMG	10:00–11:00a Hydro Burn	10:00a–11:00a Cardio Splash	10:00–11:00a Aqua Tabata	
	11:00–12:00p Fluid Movement	11:00a–3:30p Open Swim/Slide	11:00a–12:00p Fluid Movement	11:00–3:30p Open Swim/Slide	11:00a–12:00p Fluid Movement	9:00a–12:30p Swim Lessons
*March 3 12:00–1:00p Paddle Board Yoga	12:00a–3:30p Open Swim/ Slide		12:00–3:30p Open Swim/Slide		12:00–3:30p Open Swim/Slide	
12:00–5:30p Open Swim/ Slide	3:30–6:00p Swim Team	3:30–7:00p Swim Lessons	3:30p–6:00p Swim Team	3:30–7:00p Swim Lessons	3:30p–6:00p Swim Team	12:30–7:30p Open Swim/ Slide
	6:00–6:50p Cardio Splash	7:00–8:30p Open Swim/ Lap Swim/ Special Olympics	6:00–6:50p Cardio Splash	7:00–8:30p Open Swim/ Lap Swim/ Special Olympics	6:00–6:50p Cardio Splash	
	7:00–9:30p Open Swim/Slide	8:30–9:30p Open Swim/Slide	7:00–9:30p Open Swim/Slide	8:30–9:30p Open Swim/Slide	7:00–9:30p Open Swim/Slide	

Lap Swim Lanes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00a–12:00p 6 Lanes	5:30–8:00a 6 Lanes	5:30–9:00a 6 Lanes	5:30–8:00a 6 Lanes	5:30–9:00a 6 Lanes	5:30–8:00a 6 Lanes	7:00–9:00a 6 Lanes
12:00–5:30p 3 Lanes	8:00a–9:00a 5 Lanes	9:00a–3:30p 3 Lanes	8:00–9:00a 5 Lanes	9:00a–3:30p 3 Lanes	8:00–9:00a 5 Lanes	9:00a–12:30p 2 Lanes
* Lifeguarding classes or other trainings might effect number of lanes	9:00a–4:00p 3 Lanes		9:00a–4:00p 3 Lanes		9:00a–4:00p 3 Lanes	9:00a–4:00p 3 Lanes
	4:00–5:30p Swim Team	3:30–8:30p 2 Lanes	4:00–5:30p Swim Team	3:30–8:30p 2 Lanes	4:00–5:30p Swim Team	
	5:30–9:30p 3 Lanes	8:30–9:30p 3 Lanes	5:30–9:30p 3 Lanes	8:30–9:30p 3 Lanes	5:30–9:30p 3 Lanes	

Please note the schedule and lane space is subject to change at any time.

Download the mobile app for daily updates or find schedules on line at >>ymcawnc.org/schedules <<

REUTER FAMILY YMCA

3 Town Square Boulevard
Asheville, NC 28803
828 651 9622 • ymcaunc.org

FACILITY HOURS

Mon–Fri 5:30am–10:00pm

YOUTH DEVELOPMENT HOURS

Mon–Thurs 8:00am–1:30pm
3:30pm–8:00pm
Fri 8:00am–1:30pm
4:00pm–8:00pm

*Closes at 6 p.m. on the 2nd, 3rd and 4th Friday of each month.

Sat 8:00am–1:30pm

Sun 1:30pm–4:30pm

KIDS ZONE HOURS

Mon–Thurs 4:00pm–8:00pm

Sat 9:00am–1:30pm

POOL RULES

Please follow all posted rules.

Children in baby carriers, strollers, etc., must be actively supervised by a parent/caregiver at all times.

Inflatable flotation devices are not permitted.

Shower before entering the pool and after the use of toilet facilities.

Please do not enter the pool if you have a communicable disease or open cut.

Walk. Do not engage in rough play.

No glass, food, gum, tobacco, or animals are allowed on the pool deck.

Proper swim attire must be worn at all times.

Children not toilet-trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.

Diaper changing on the pool deck is not permitted.

Please obey all requests made by lifeguards.

Cameras, cell phones, and other electronic devices are not allowed on the pool deck.

Street shoes are not allowed on the deck.

Photography on the pool deck is prohibited.

Questions? Comments? Concerns?

Contact the Aquatics Department
china.hall@ymcaunc.org , 828 209 5006

ANSWERING THE CALL

60%

OF YOUTH DROWNING INCIDENTS OCCUR WITHIN

10 FT.
OF SAFETY

www.safekids.org/sites

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CHILDREN DIE EACH DAY AS A RESULT OF DROWNING



www.cdc.gov/injury/wisqars/

88%

OF CHILDREN WHO DROWN ARE UNDER

SOME FORM OF SUPERVISION

www.safekids.org/sites

Drowning is the leading cause of unintentional injury death among children aged 1–4 years and one of the top three causes among persons aged ≤29 years.

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www.cdc.gov

CHILD SUPERVISION

Children Ages 0–6

An adult must be within arm's reach of the child at all times.

Children Ages 7–9

If the child passes the swim test, they may be in the pool with a responsible adult in the pool area. Otherwise a guardian must be in the pool.

Children Ages 10–12

Child must pass a swim test or wear a lifejacket and may be in the pool area without a responsible adult.

OPEN SWIM will not be available during swim lessons, swim team, and water fitness classes.

EQUIPMENT

Kickboards, pull buoys and fins are for lap swim use only.

Noodles are to be used for flotation and exercise classes only.

Approved lifejackets are available for use.

Equipment should not be used to roughhouse or for horseplay.

LAP LANES

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim for water jogging. Lap swimmers should share the lanes with other members in a respectful manner. Please circle swim when there are more than two swimmers in a lane.

WHIRLPOOL RULES

Please follow all posted rules.

Members age 16 and over may use the whirlpool without supervision.

Members should stay in the whirlpool no longer than 10 minutes.

Please do not enter the pool if you have a communicable disease or open cut.

No glass, food, gum, tobacco, or animals are allowed on the whirlpool deck.

SWIM TEST

Any child under the age of 13 wishing to swim **in water deeper than chest depth** must pass the swim test or wear a lifejacket:

- Jump into the shallow end, ducking head under water.
- Swim 25 yards.
- Tread water for 1 minute.

Swim tests must be completed every visit.

The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.

OPEN SWIM

Open Swim will typically have three lanes available. Please check the mobile app for specific dates and times.