



January 5-11

Reuter Family YMCA

NEW! Water Basketball Tuesdays & Thursdays!
Anyone 18+ is welcome to join the pickup game!

Please be mindful of Lifeguard Course
Mon-Wed

Pool Schedule is subject to change without notice

Time	Mon						Tue						Wed						Thurs						Fri						Sat						Sun						Time																														
Lane #	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	Lane #																														
5:30 - 6 AM	Lap Swim						Lap Swim						Lap Swim						Lap Swim						Lap Swim						CLOSED						CLOSED						5:30 - 6 AM																														
6-7 AM																																											Independent Exercise						Independent Ex.						Independent Exercise						Indeendent						Independent Exercise						6-7 AM
7-8 AM																																																																									6-7 AM
8-9 AM	Lap Swim						Aqua Fit						Lifeguard Course						Aqua Fit						Lap Swim						Lap Swim												Open						Ind.Ex.						8-9 AM																		
9-10 AM																																																							Hydro Burn						Independent Exercise						Hydro Burn						Indeendent
10-11 AM	Aqua Tabata						Lap Swim						Open Swim						Lifeguard Course						Aqua Zumba						Lap Swim												Swim Lessons						Swim Lessons																								
11-12 PM																																																							Fluid Mvmt						Lap Swim						Open Swim						Lifeguard Course
12-1 PM	Lap Swim						Open Swim						Lifeguard Course						Lap Swim						Water Basket Ball						Lap Swim												Open						Swim Lessons																								
1-2 PM																																																							Lap Swim						Open Swim						Lifeguard Course						Lap Swim
2-3 PM	Lap Swim						Open Swim						Lifeguard Course						Lap Swim						Water Basket Ball						Lap Swim												Open						Swim Lessons																								
3-4 PM																																																							Lap Swim						Open Swim						Lifeguard Course						Lap Swim
4-5 PM	Lap Swim						Open Swim						Lifeguard Course						Lap Swim						Water Basket Ball						Lap Swim												Open						Swim Lessons																								
5-6 PM																																																							Lap Swim						Open Swim						Lifeguard Course						Lap Swim
6-7 PM	Lap Swim						Open Swim						Lifeguard Course						Lap Swim						Water Basket Ball						Lap Swim												Open						Swim Lessons																								
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POOL HOURS:

M-Fri: 5:30a - 8:30p

Sat: 7:00a - 6:30p

Sun: 11:00a - 5:00p

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M-Fri: 5:30a - 8:30p
Sat: 7:00a - 6:30p
Sun: 11:00a - 5:00p

Lap Swim	Independent Exercise	Swim Lessons	Open Swim
Aqua Fitness	Swim Team	Rental	Training

For questions please reach out to Aquatics Director Jessie Spangler at jspangler@ymcawnc.org

Reuter Family YMCA

3 Town Square BLVD
Asheville NC, 28803
828-651-9622 •
ymcawnc.org

Facility Hours:

Monday - Friday: 5:30a - 9:00p

Saturday: 7:00a - 7:00p

Sunday: 11:00a - 6:00p

***POOL CLOSES 30 MINUTES
BEFORE THE FACILITY***

YDC Hours:

Mon-Sat: 8:00a - 12:00p

Mon-Thurs: 4:00p - 7:00p

Fri-Sat: 8:00a-12:00p

Sun: 1:00p-5:00p

Youth Lounge:

Mon-Thurs: 3:30p - 7:30p

Saturdays 8:00a - 12:00p

ANSWERING THE CALL

60%

OF YOUTH
DROWNING
INCIDENTS
OCCUR WITHIN

10 FT.
OF SAFETY

www.safekids.org/sites

2

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.

www.cdc.gov

POOL RULES

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

After showering, please dry off completely when exiting the showers into the locker room area.

Inflatable flotation devices are not permitted.

Walk. Do not engage in rough play.

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 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.

SAUNA AND HOT TUB RULES

Please shower before using spa amenities.

Must be 16 years or older to use these facilities.

Swim attire must be worn- full clothing is not permitted. No street shoes.

No electronic devices are allowed in these areas.

Do not exercise in the sauna.

Persons under the influence of alcohol, tranquilizers or any drugs that cause drowsiness, or raise/lower blood pressure should not enter the spa area.

Please shower after leaving the sauna/spa if entering the pool. There is a shower on the pool deck.

Persons who behave inappropriately will be asked to leave.

There is a strict 10 minute limit on the Hot Tub.

Recommended time limit for Sauna is 10-15 minutes.

LAP LANES

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim times/independent exercise for water jogging, water walking, etc. Lap swimmers should share the lanes with other members in a respectful manner.

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.

CHILD

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.

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 three months. The lifeguard has the authority to withhold or revoke access to

any area of the pool to maintain safety.