



# Feb 9 - 15

## Reuter Family YMCA

Join us for Water Basketball!  
Tuesdays & Thursdays 2-3pm!

\*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	Lap Swim	CLOSED	5:30 - 6 AM
6-7 AM	Independent Exercise	Independent Ex.	Independent Exercise	Independent Exercise	Independent Exercise	CLOSED	Independent Ex.	6-7 AM
7-8 AM								7-8 AM
8-9 AM								8-9 AM
9-10 AM								9-10 AM
10-11 AM	Aqua Tabata	Hydro Burn	Aqua Fit	Hydro Burn	Aqua Zumba	Lap Swim	Lap Swim	10-11 AM
11-12 PM	Fluid Mvmt	Open Swim	Water Basketball (18+)	Open Swim	Water Basketball (18+)	Open Swim	Lap Swim	11-12 PM
12-1 PM	Open Swim	Water Basketball (18+)	Open Swim	Open Swim	Open Swim	Swim Lessons	Swim Lessons	12-1 PM
1-2 PM								1-2 PM
2-3 PM								2-3 PM
3-4 PM	Swim Team	Swim Lessons	Swim Team	Swim Lessons	Lap Swim	Open Swim	Open Swim	3-4 PM
4-5 PM	Swim Team	Swim Lessons	Swim Team	Swim Lessons	Lap Swim	Open Swim	Lap Swim	4-5 PM
5-6 PM	Special Olympics		Special Olympics					5-6 PM
6-7 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	CLOSED	Closed	6-7 PM
7-8 PM	Special Olympics	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8-9 PM	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
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	1 2 3 4 5 6
	Lap Swim	Independent Exercise	Swim Lessons	Open Swim				
	Aqua Fitness	Swim Team	Rental	Training				

### POOL HOURS:

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

Sat: 7:00a - 6:30p

Sun: 11:00a - 5:00p

**Reuter Family YMCA**  
3 Town Square BLVD  
Asheville NC, 28803  
828-651-9622 •  
[ymcawnc.org](http://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-12:000p  
Sun: 1:00p-5:00p

**Youth Loung:**  
Mon-Thurs: 3:30p - 7:30p  
Saturdays 8:00a - 12:00p

## ANSWERING THE CALL

**60%**  
OF YOUTH  
DROWNING  
INCIDENTS  
OCUR WITHIN  
**10 FT.**  
OF SAFETY

[www.safekids.org/sites](http://www.safekids.org/sites)

**2**  
CHILDREN  
DIE EACH  
DAY AS A  
RESULT OF  
DROWNING



[www.cdc.gov/injury/wisqars/](http://www.cdc.gov/injury/wisqars/)

**88%**  
OF CHILDREN  
WHO DROWN  
ARE UNDER  
**SOME FORM OF  
SUPERVISION**

[www.safekids.org/sites](http://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](http://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.

## 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.