



June 8-14

Reuter Family YMCA

New Aqua Fitness Classes have been added to the schedule! Get your workout in on Wednesdays with Aqua Fit or Aqua Tabata!

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 | Lane # | | | | | | | | | | | | |
| 5:30 - 6 AM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 5:30 - 6 AM |
| 6-7 AM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 6-7 AM |
| 7-8 AM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 7-8 AM |
| 8-9 AM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 8-9 AM |
| 9-10 AM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 9-10 AM |
| 10-11 AM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 10-11 AM |
| 11-12 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 11-12 PM |
| 12-1 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 12-1 PM |
| 1-2 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 1-2 PM |
| 2-3 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 2-3 PM |
| 3-4 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 3-4 PM |
| 4-5 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 4-5 PM |
| 5-6 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 5-6 PM |
| 6-7 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 6-7 PM |
| 7-8 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 7-8 PM |
| 8-9 PM | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | Lap Swim | | | | | | 8-9 PM |
| <p>POOL HOURS: M-Fri: 5:30a - 8:30p Sat: 7:00a - 6:30p Sun: 11:00a - 5:00p</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | Lane # | | | | | | |
| | Lap Swim | | | | | | Independent Exercise | | | | | | Swim Lessons | | | | | | Open Swim | | | | | | For questions please reach out to Aquatics Director Jessie Spangler at jspangler@ymcawnc.org | | | | | | | | | | | | | | | | | | |
| | Aqua Fitness | | | | | | Swim Team | | | | | | Rental | | | | | | Training | | | | | | | | | | | | | | | | | | | | | | | | |

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 CLOSSES 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

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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

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.