



September 1–September 30

Reuter Family YMCA

Pool Closes at 12:30pm on 9/7

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																																								
7–8 am																															Independent Exercise												Ind. Ex.						Independent Exercise						Ind. Ex.						7–8 am																						
8–9 am							Aqua Fit												Aqua Fit																																										Aqua Fit						8–9 am																
9–10 am							Hydro Burn												Hydro Burn												Hydro Burn												Swim Lessons						Swim Lessons						9–10 am																												
10–11 am	Aqua Tabata						Lap Swim						Aqua Tabata						Lap Swim						Swim Lessons						Swim Lessons												10–11 am																																								
11–12 pm	Fluid Movement												Fluid Movement												Swim Lessons						Swim Lessons												11–12 pm																																								
12–1 pm	Open Swim												Lap Swim												Open Swim						PL						Lap Swim						Independent Ex.						12–1 pm																																		
1–2 pm																															Water Basketball						Open Swim						Lap Swim						Family Swim						1–2 pm																												
2–3 pm							Swim Lessons												Open Swim																																				Lap Swim						Open Swim						2–3 pm																
3–4 pm																																																																			Piranhas Swim Practice						Open Swim						Lap Swim				
4–5 pm	Swim Lessons												Open Swim												Lap Swim																																																										
5–6 pm																															Open Swim						Open Swim						Open Swim						Open Swim																																		
6–7 pm							Open Swim												Open Swim																																				Open Swim						Open Swim																						
7–8 pm																																																																			Open Swim						Open Swim						Open Swim				
8–9 pm	Open Swim												Open Swim												Open Swim																																																										
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	Lane #																						
								Lap Swim											Independent Exercise												Swim Lessons						Open Swim						Questions? Reach out to our Aquatics Director wfisher@ymcawnc.org																																								
		Aqua Fitness						Swim Team						Rental						Training																																																															
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POOL HOURS:
Mon-Fri: 5:30am–8:30pm
Sat: 7am–6:30pm
Sun: 11am–5:30pm

Questions? Reach out to our
Aquatics Director
wfisher@ymcawnc.org

Reuter Family YMCA

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

Facility Hours:

Mon–Fri: 5:30 am–9 pm
Sat: 7 am–7 pm
Sun: 11 am–6 pm

POOL CLOSES 30 MINUTES BEFORE THE FACILITY

YDC Hours:

Mon–Sat: 8 am–12 pm
Mon–Thurs: 4 pm–7 pm
Fri–Sat: 8 am–12 pm
Sun: 1 pm–5 pm

Youth Lounge:

Mon–Thurs: 3:30 pm–7:30 pm
Sat 8 am–12 pm

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.
- Photography on the pool deck is prohibited.

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.

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.

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.