November 21–30

Reuter Family YMCA

Reuter will be closed on November 26

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 #
5:30–6am	Lap Swim, Independent Exercise	Lap Swim, Ind. Ex.	Lap Swim, Independent Exercise	CLOSED	Lap Swim, Independent Exercise	CLOSED	CLOSED	5:30–6am
6–7am	Lap Swim, Independent Exercise	Lap Swim, Ind. Ex.	Lap Swim, Independent Exercise	CLOSED	Lap Swim, Independent Exercise	CLOSED	CLOSED	6–7am
7–8am	Lap Swim, Independent Exercise	Lap Swim, Aqua Fit, Ind. Ex.	Piranhas Swim Practice, Independent Exercise	CLOSED	Lap Swim, Independent Exercise	Lap Swim, Ind.Ex.	CLOSED	7–8am
8–9am	Lap Swim, Independent Exercise	Lap Swim, Aqua Fit, Hydro Burn, Ind. Ex.	Piranhas Swim Practice, Independent Exercise	CLOSED	Lap Swim, Independent Exercise	Lap Swim, Ind.Ex.	CLOSED	8–9am
9–10am	Lap Swim, Independent Exercise	Lap Swim, Aqua Fit, Hydro Burn, Ind. Ex.	Piranhas Swim Practice, Independent Exercise	CLOSED	Lap Swim, Independent Exercise	Lap Swim, Ind.Ex.	CLOSED	9–10am
10–11am	Lap Swim, Aqua Tabata, Independent Exercise	Lap Swim, Open Swim, Ind. Ex.	Lap Swim, Aqua Tabata, Piranhas Swim Practice, Independent Exercise	CLOSED	Lap Swim, Private Swim Lessons, Independent Exercise	Lap Swim, Open Swim, Ind.Ex.	CLOSED	10–11am
11–12pm	Lap Swim, Fluid Movement, Private Lessons, Independent Exercise	Lap Swim, Open Swim, Ind. Ex.	Lap Swim, Fluid Movement, Piranhas Swim Practice, Independent Exercise	CLOSED	Lap Swim, Private Swim Lessons, Independent Exercise	Lap Swim, Open Swim, Ind.Ex.	Lap Swim, Independent Ex.	11–12pm
12–1pm	Lap Swim, Open Swim, Independent Exercise	Lap Swim, Open Swim, Ind. Ex.	Lap Swim, Aqua Yoga, Piranhas Swim Practice, Independent Exercise	CLOSED	Lap Swim, Open Swim, Independent Exercise	Lap Swim, Open Swim, Ind.Ex.	Lap Swim, Independent Ex.	12–1pm
1–2pm	Lap Swim, Open Swim, Independent Exercise	Lap Swim, Open Swim, Ind. Ex.	Lap Swim, Open Swim, Piranhas Swim Practice, Independent Exercise	CLOSED	Lap Swim, Open Swim, Independent Exercise	Lap Swim, Open Swim, Ind.Ex.	Family Swim	1–2pm
2–3pm	Private Swim Lessons, Open Swim, Independent Exercise	Water Basketball, Open Swim, Ind. Ex.	Private Swim Lessons, Open Swim, Piranhas Swim Practice, Independent Exercise	CLOSED	Open Swim, Independent Exercise	Private Swim Lessons, Open Swim, Ind.Ex.	Family Swim	2–3pm
3–4pm	Private Swim Lessons, Piranhas Swim Practice, Open Swim, Independent Exercise	Open Swim, Ind. Ex.	Open Swim, Piranhas Swim Practice, Independent Exercise	CLOSED	Open Swim, Independent Exercise	Open Swim, Ind.Ex.	Open Swim	3–4pm
4–5pm	Private Swim Lessons, Piranhas Swim Practice, Open Swim, Independent Exercise	Open Swim, Ind. Ex.	Open Swim, Piranhas Swim Practice, Independent Exercise	CLOSED	Open Swim, Independent Exercise	Open Swim, Ind.Ex.	Open Swim	4–5pm
5–6pm	Piranhas Swim Practice, Open Swim, Independent Exercise	Open Swim, Ind. Ex.	Open Swim, Piranhas Swim Practice, Independent Exercise	CLOSED	Open Swim, Independent Exercise	Open Swim, Ind.Ex.	CLOSED	5–6pm
6–7pm	Open Swim, Independent Exercise	Piranhas Swim Practice, Open Swim, Ind. Ex.	Open Swim, Piranhas Swim Practice, Independent Exercise	CLOSED	Open Swim, Independent Exercise	1 2 3 4 5 6	1 2 3 4 5 6	6–7pm
7–8pm	Open Swim, Independent Exercise	Piranhas Swim Practice, Open Swim, Ind. Ex.	Open Swim, Piranhas Swim Practice, Independent Exercise	CLOSED	Open Swim, Independent Exercise			7–8pm
8–9pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			8–9pm
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 #

POOL HOURS:
Mon-Fri: 5:30am–8:30pm
Sat: 7am–6:30pm
Sun: 11am–5:30pm

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

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

Pool Schedule is subject to change without notice

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

Facility Hours:
Mon–Fri: 5:30am–9pm
Sat: 7am–7pm
Sun: 11am–6pm
POOL CLOSES 30 MINUTES BEFORE THE FACILITY

YDC Hours:
Mon–Sat: 8am–1:30pm
Mon–Thurs: 4–7pm
Sun: 1–5pm

Youth Lounge:
Mon–Thurs: 3:30–7:30pm
Sat 8am–1:30pm



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.

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.