



# July 2024

## Reuter Family YMCA Pool Schedule

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

Time	Mon	Tues	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	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed	6-7 AM
7-8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed	7-8 AM
8-9 AM	Independent Ex.	Aqua Fit	Independent Ex.	Independent Ex.	Independent Ex.	Ind. Ex.	Closed	8-9 AM
9-10 AM	VA	Hydro Burn	Independent Ex.	Independent Ex.	Lap Swim	Lap Swim	Closed	9-10 AM
10-11 AM	Open Swim	Aqua Yoga	Aqua Fit	Open Swim	Open Swim	Swim Lessons	Closed	10-11 AM
11-12 PM	Open Swim	Open Swim	Fluid Movement	Open Swim	Open Swim	Swim Lessons	Lap Swim	11-12 PM
12-1 PM	Open Swim	Open Swim	Horizons Camp	Open Swim	Open Swim	Swim Lessons	Lap Swim	12-1 PM
1-2 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Swim	1-2 PM
2-3 PM	Private Lessons	Open Swim	Horizons Camp	Swim Lessons	Open Swim	Private Lessons	Open Swim	2-3 PM
3-4 PM	Private Lessons	Open Swim	Swim Lessons	Swim Lessons	Open Swim	Lap Swim	Lap Swim	3-4 PM
4-5 PM	Open Swim	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim	Open Swim	Open Swim	4-5 PM
5-6 PM	Open Swim	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim	Open Swim	Pool Close: 5 Spa/Hot tub Close 5:30pm	5-6 PM
6-7 PM	Open Swim	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim	Open Swim	Open Swim	6-7 PM
7-8 PM	Private	Open Swirl	Private Lessons	Lap Swim	Open Swim	Open Swim	Open Swim	7-8 PM
8-9 PM	Closed	Closed	Closed	Closed	Closed	Closed	Closed	8-9 PM
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	Swim Team	Swim Lessons					
	Aqua Fitness	Speciality	Special Olympics	Open Swim				

**Announcements:**  
 HVAC replacement ongoing  
 All YMCA of WNC locations closed July 4  
 Lifeguard Training Sunday July 21 - Spa area will close with pool at 5pm  
 Revised 6/27

Contact Aquatics Director Ben Watson with any questions: [bwatson@ymcawnc.org](mailto:bwatson@ymcawnc.org)

Schedule is subject to change without notice to meet Center needs.  
 Thank you for your understanding

## Reuter Family YMCA

3 Town Square BLVD  
Asheville NC, 28803  
828 651 9622 ymcaawnc.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

### Kid Zone Hours:

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

Saturdays 8:00a - 12:00p

# ANSWERING THE CALL

**60%**

OF YOUTH  
DROWNING  
INCIDENTS  
OCCUR 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.**

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[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.

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 SUPERVISION

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 visit. The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.

## SAW

Safety Around Water program as a partner with Horizons at Carolina Day.