

March 1 - 16

Reuter Family YMCA

Lifeguard Training 3/9 4:30pm
Please be mindful of Independent Exercise Lanes
Spring 2 Lessons registration now open!

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		4					5:30 - 6 AM	
6-7 AM E	Independent Exercise Lap Lab Table Pendent Ex.	Lap Swim Independent Exercise	Lap Swim Indeoendent	rcise	CLOSED		6-7 AM	
7-8 AM	vendent L	Lap Swim	Lap	ent Exe	Lap Swim Independent		7-8 AM	
8-9 AM	Aqua Fit	Inder	Aqua Fit	Independent Exercise	Lap	CLOSED	8-9 AM	
9-10 AM	Hydro Burn		Hydro Burn		Lessons		9-10 AM	
10-11 AM Aqua Tabat	Yoga			Cap Swim Aqua Zumba			10-11 AM	
11-12 PM Mov men	e	Swim		L	Swim	Sw	11-12 PM	
12-1 PM E 8	Lap Swim	pen	Swim	Swim	Private	Lap	12-1 PM	
1-2 PM	Lap Open Sv	Swir	Swim	Open 9	wim	Family	1-2 PM	
2-3 PM		Lap	Lap		Lap Swim Swim	Swim	2-3 PM	
3-4 PM	sons	s E		sΕ	Open 9	Swim	3-4 PM	
m Team	vate Lessons	anha's m Team	Lessons IM	anha's m Team		Lap Swim Open Swim	4-5 PM	
2-6 PM	wim Le	Pir	Swill Lesson	Pir		All Aquatics Areas Close at 4:30pm 3/9	5-6 PM	
6-7 PM	iha's Fean		Swim Team	Swim	1 2 3 4 5 6	for LG Training 1 2 3 4 5 6	6-7 PM	
7-8 PM	Swim Pirhan Swim T	Open Swim	Swi Swi Tea Open Swim	Open Sv	M-Fri: 5	L HOURS 5:30a - 8:	30p	
8-9 PM Closed	Closed	Closed	Closed	Closed		:00a - 6:3		
Lane # 1 2 3 4 5				1 2 3 4 5 6	Sun:	11 a-5:30)p	
Lap Sv		pendent Exercise			en Swim			
	Aqua Fitness Swim Team Rental							
For questions please reach out to Aquatics Director Ben Watson at bwatson@ymcawnc.org								

Reuter Family YMCA

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

Facilty Hours:

Monday - Friday: 5:30a - 9:00p Saturday: 7:00a - 7:00p

Sunday: 11:00a - 6:00p

*POOL CLOSES 30 MINUTES
BEFORE THE FACILTY*
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
OCCUR WITHIN

10 FT.
OF SAFETY

www.safekids.org/sites

CHILDREN
DIE EACH
DAY AS A
RESULT OF
DROWNING

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

www.safekids.ora/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.

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