

## March 17 - 23

Lifegaurd Class 3/22-3/23
\*Please be mindful of Independent Exercise Lanes\*
Spring 2 Swim Lesson Registration now open!

## Reuter Family YMCA

\*Pool Schedule is subject to change without notice\*

Time					ie	Wed				Thurs			Fri				Sat		Sun		Time	
Lane #	1 2 3	4 5	6	1 2 3	4 5 6	1 2	3 4	4 5	6 1	2	3 4	5 6	1 2 3	3 4	5 6	5	1 2 3 4	5 6	1 2 3	4 5 6	Lane #	
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7-8 AM			endent		Indepe		Lap Swim	Independent Exercise		_ 		Inde			ent Exe	בוור דעם	Lap Swim	endent			7-8 AM	
8-9 AM			Indep		Aqua Fit				Indep			qua Fit			Independent Exercise		Lap 9	Indep			8-9 AM	
9-10 AM	Aqu Taba		A A		ydro urn							ydro urn	ш		-		Swim Lessons	Class			9-10 AM	
10-11 AM			ta		Aqua Yoga								Lap Swim		.qua ımba	a					10-11 AM	
11-12 PM		Flui Mov mer	/e					Swim					La			l	Swi	Lifeguard	Swim	Independent Ex.	11-12 PM	
12-1 PM	ا ر	ş	=	Lap Swim	Swim		_	Open S				Swim			Swim	040	Private	Lifeg	Lap	Indeperrud	12-1 PM	
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2-3 PM	Lap		Open		О		Гар			Lap Swim					O		Lap Swim		Swir	n 🗀	2-3 PM	
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5-6 PM		Pira		Priv	Swim Le			Swir	Private		Swir	Lessons		Pir	Swir			С	at 5:0	ol Closes 00pm - Area	5-6 PM	
6-7 PM		Special	Olympics	Pirhanha's Swim Team				Special Olympics	Pirnaha's		med	m			Swim		1 2 3 4	5 6		5:30pm 4 5 6	6-7 PM	
7-8 PM	Open Swim Pirha Swim			Pirh Swin	Open Swim		Open Swim		Swim	rig S		Open Swim			Open Sv		POOL HOURS: M-Fri: 5:30a - 8:30p					
8-9 PM	Closed			Clo		C	Closed		+	Clo	osed		Clo	ose	ed		Sat: 7:00a - 6:30p Sun: 11 a-5:30p					
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			5	31	1111	11 6	-J.5	op				
	1 2 3 4 5 6 1 2 3 Lap Swim				Independent Exercise				-	Swim Less				Open Swim								
	Aqua Fitness			Swim Team						Rental				- P								
		For questions please reach out to Aquatics Director Ben Watson at bwatson@ymcawnc.org																				
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#### **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