



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Pool Schedule

Reidsville Family YMCA - July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:00a-7:00p	6:00a-7:00p	6:00a-7:00p	6:00a-7:00p	6:00a-7:00p	8:00a-1:00p	NONE
Water Fitness Class	9:00a-10:00a 11:00a-12:00p	NONE	9:00a-10:00a 11:00a-12:00p	NONE	9:00a-10:00a 11:00a-12:00p	NONE	NONE
Group Swim Lessons	5:00p-7:00p (7/5-7, 7/12-14)	5:00p-7:00p (7/5-7, 7/12-14)	5:00p-7:00p (7/5-7, 7/12-14)	NONE	NONE	NONE	NONE
Swim Team & Closed Program	Summer Camp Swim 1:00p-2:00p	NONE	Summer Camp Swim 1:00p-2:00p	Aqua Therapy 12:00p-6:00p	Summer Camp Swim 1:00p-2:00p	NONE	NONE
Open Swim	6a-9a 12p-1p 2p-5p or 2p-7p	6a-5p or 6a-7p	6a-9a 12p-1p 2p-5p or 2p-7p	6a-12p 6p-7p	6a-9a 12p-1p 2p-7p	10a-1p	NONE

## Open Swim Fees & Frequent Swim Passes

Youth Reidsville Resident: 1 Visit \$4.00 10 Visit Pass \$30.00  
Adult Reidsville Resident: 1 Visit \$5.00 10 Visit Pass \$40.00

Youth Non-Reidsville Resident: 1 Visit \$5.00 10 Visit Pass \$40.00  
Adult Non-Reidsville Resident: 1 Visit \$6.00 10 Visit Pass \$50.00

During "Open Swim"; youth 12 & under must have an adult 18+ with them at all times. Any child under the age of 5 years old must have an adult 18+ in the water within arm reach at all times.

**\*OPEN SWIM TIMES ARE SUBJECT TO CHANGE! CALL FOR MOST UP TO DATE HOURS\***

**\*\*POOL CAPACITY IS LIMITED\*\***

**POOL RULES ON REVERSE SIDE**

## YMCA Swim Test Policy

**GREEN SWIM BAND: Ages 5-12**  
Access to all depths of pool. Test: Swim full length of pool and tread water for 1 minute without pausing or touching wall and/or floor. End test with full submersion jump in deep end.

**YELLOW SWIM BAND: Ages 5-12**  
Access to water up to 5 feet. Test: Swim full length of pool without pausing or touching wall and/or floor.

**RED SWIM BAND: Ages 5-12**  
Access to water up to shallow water rope. Test: Reach height requirement at shoulders AND pass walking test to rope without assistance.

**NO BAND: Ages 5-12**  
Must be within arm reach of adult or wear a Coast Guard Approved lifejacket at all times.



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## REIDSVILLE YMCA POOL RULES

- Please shower before entering the pool.
- No inflatables of any kind are allowed in the pool. (water wings, rafts, inner tubes, etc.)
- Children under the age of 5 must be accompanied by parent or guardian\* within arms reach (in the water) at all times.
- Children 12 and under must have a parent or guardian\* on the pool deck at all times.
- Children 12 and under must pass a swim test with the lifeguard before swimming in the deep end of the pool and must wear a swim band at all times.
- Red and Yellow bands, and kids in lifejackets may enter middle section of water only if in arms reach of parent/guardian\*
- Only U.S. Coast Guard Approved Lifejackets are allowed in the pool. Bubble Belts are for YMCA Instructor Lead Swim Lessons only.
- Full Face snorkels are only allowed for swimmers 13 and older. No mermaid tails allowed for any swimmer.
- No Running on pool deck or Horseplay of any kind.
- Diving is only allowed in 9 feet or deeper. Front/Back flips into water is not allowed.
- Children without a green swim band are not allowed in the deep section or in lap lanes under any circumstances, even with parent or in lifejacket.
- Diving Blocks are for Swim Team and Swim Lesson use or allowed with permission from lifeguard.
- Proper Swim Attire must be worn (swimsuit, swim trunks, or athletic shorts). No see through T-Shirts, pants, capris, or denim. Swimming in underwear is not allowed.
- No glassware of any kind or food/beverage will be allowed in the pool area.
- No public displays of affection or foul language.
- Pool noodles, water weights and exercise belts are for adults 18+ only.
- No Diapers in the Pool. Children who are not yet potty-trained should use an elastic swim diaper whenever in the pool.
- The Lifeguard(s) on duty has total discretion as to whether toys, balls, and other items will be allowed in the open swim area.
- For safety reasons, please refrain from talking to Lifeguard(s) except for clarification of rules or for other safety reasons. Please make all lengthy inquiries to the Aquatics Director.
- Admission to the pool will be refused to all persons with open wounds, contagious diseases, or infectious conditions.
- Lifeguard(s) on duty have total discretion in determining which actions are deemed safe and unsafe in the pool.
- No foul language.
- No extended breath holding or prolonged underwater swimming.
- No gum while swimming.
- No hanging, pulling, or swimming on top of lane ropes or safety lines.
- No climbing on the pool devices or tampering with jets.
- The lifeguard(s) and YMCA directors have the right to ask members and guests to leave the pool without a refund of pool pass fee.

\*Guardian is defined as a responsible party aged 18 or older. Babysitters or siblings under the age of 18 are not considered acceptable guardians.