

2023

JANUARY OPEN SWIM

10 minute safety breaks are at the following times: 8am, 10am, 12pm, & 6pm. Please plan to leave pool deck for those 10 minutes.

Pool is closed daily from 1:00pm - 4:00pm Reidsville High Swim Team will have 3 of the 4 lap lanes reserved Monday - Thursday from 4:00pm - 5:15pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>01 6:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>02 6:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>03 6:00am - 1:00pm 4:00PM - 7:45PM</p>	<p>04 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>05 6:00am - 1:00pm 4:00pm - 7:45pm</p>	<p>06 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm</p>	<p>07 8:00AM - 1:00PM</p>
<p>08 CLOSED</p>	<p>09 6:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>10 6:00am - 1:00pm 4:00PM - 7:45PM</p>	<p>11 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>12 6:00am - 1:00pm 4:00pm - 7:45pm</p>	<p>13 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm</p>	<p>14 8:00AM - 1:00PM</p>
<p>15 CLOSED</p>	<p>16 6:00am - 9:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>17 6:00am - 1:00pm 4:00pm - 7:45pm</p>	<p>18 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>19 6:00am - 1:00pm 4:00pm - 7:45pm</p>	<p>20 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm</p>	<p>21 8:00AM - 1:00PM</p>
<p>22 CLOSED</p>	<p>23 6:00am - 9:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>24 6:00am - 10:00am 11:00am - 1:00pm 4:00pm - 7:45pm</p>	<p>25 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>26 6:00am - 1:00pm 4:00pm - 7:45pm</p>	<p>27 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm</p>	<p>28 8:00AM - 1:00PM</p>
<p>29 CLOSED</p>	<p>30 6:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm</p>	<p>31 6:00am - 1:00pm 4:00pm - 7:45pm</p>	<p>01</p>	<p>02</p>	<p>03</p>	<p>04</p>

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 min. 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 rose without assistance.

NO BAND: Ages 5-12

Must be within arm reach of adult or wear a Coast Guard Approved lifejacket at all times.