

2023

MARCH
OPEN SWIM

LAP LANE SWIMMING FOR MEMBERS:
Monday - Thursday: 6:00am - 1:00pm & 4:00pm - 7:45pm
Friday: 6:00am - 1:00pm & 4:00pm - 6:45pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 	27	28	01 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm	02 6:00am - 1:00pm 4:00pm - 7:45pm	03 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm	04 8:00am - 1:00pm
05 CLOSED	06 6:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm	07 6:00am - 1:00pm 4:00PM - 7:45PM	08 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm (limited)	09 6:00am - 1:00pm 4:00pm - 7:45pm (limited)	10 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm	11 8:00am - 11:30am 11:30am - 1:00pm (limited)
12 CLOSED	13 6:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 5:30pm 6:00pm - 7:45pm	14 6:00am - 1:00pm 4:00pm - 5:30pm 6:00pm - 7:45pm	15 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 5:30pm 6:00pm - 7:45pm	16 6:00am - 1:00pm 4:00pm - 7:45pm	17 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm	18 8:00am - 1:00pm
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26 CLOSED	27 6:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm	28 6:00am - 1:00pm 4:00pm - 7:45pm	29 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 4:00pm - 7:45pm	30 6:00am - 1:00pm 4:00pm - 6:00pm	31 7:00am - 9:00am 10:00am - 11:00am 12:00pm - 1:00pm 5:00pm - 6:45pm	01

Reidsville High Swim Team will have 3 of the 4 lap lanes reserved Monday - Thursday from 4:00pm - 5:15pm.

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

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. 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.