



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Reidsville Y Pool Schedule - December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 9:00 AM	<b>Pool Opens</b> 5:00 <b>Open Swim</b> 5-8 <b>Aquatic Class</b> 8-9	<b>Pool Opens</b> 5:00 <b>Open Swim</b> 5-close	<b>Pool Opens</b> 5:00 <b>Open Swim</b> 5-8 <b>Aquatic Class</b> 8-9am	<b>Pool Opens</b> 5:00 <b>Open Swim</b> 5-close	<b>Pool Opens</b> 5:00 <b>Open Swim</b> 5-8 <b>Aquatic Class</b> 8-9	<b>Pool opens</b> 8:00 <b>Open Swim</b> 8-close	
9:00 – 11:00 AM	<b>Aquatic Class</b> 9-10am	<b>Open Swim</b>	<b>Aquatic Class</b> 9-10am	<b>Open Swim</b>	<b>Aquatic Class</b> 9-10	<b>Open Swim</b>	
11:00 AM – 3:00 PM	<b>Aquatic Class</b> 11-12 <b>Open swim</b> 12-close	<b>Open Swim</b>	<b>Aquatic Class</b> 11-12 <b>Open swim</b> 12-close	<b>Open Swim</b>	<b>Aquatic Class</b> 11-12 <b>Open swim</b> 12-close	<b>Open Swim</b>	<b>Pool Opens</b> 12:30 <b>Open Swim</b> 12:30-close
3:00 – 5:30pm	<b>Open Swim</b> <b>RHS Swim Team</b> 3:45-5pm	<b>Open Swim</b> <b>RHS Swim Team</b> 3:45-5pm	<b>Open Swim</b> <b>RHS Swim Team</b> 3:45-5pm	<b>Open Swim</b> <b>RHS Swim Team</b> 3:45-5pm	<b>Open Swim</b> <b>RHS Swim Team</b> 3:45-5pm	<b>Open Swim</b> <b>Pool Closes</b> 4:30pm	<b>Open Swim</b> <b>Pool Closes</b> 4:30pm
5:30 – 8:30 PM	<b>Open Swim</b>  <b>Pool Closes</b> 8:30pm	<b>Open Swim</b>  <b>GCY Swim Team</b> 5-8pm Will use two lap lanes <b>Pool Closes</b> 8:30pm	<b>Open Swim</b>  <b>Pool Closes</b> 8:30pm	<b>Open Swim</b>  <b>GCY Swim Team</b> 5-8pm Will use two lap lanes <b>Pool Closes</b> 8:30pm	<b>Open Swim</b>  <b>Pool Closes</b> 7:30pm		

**Lap Lanes** – Please limit lap lane use to 1 hour when others are waiting and circle swim. RHS will use 2-3 lanes M-F 3:45-5pm. GCY will use 1-2 lanes T/TH 5-7:30pm. Lap lanes may be used by groups. There will always be at least 1 lane open at all times for lap swimmers.

**Open Swim** – Is open to anyone who may wish to use the pool. If a child is 12 and under, an adult must be with them at all times in the pool area. Children 5 and under must be accompanied by an adult (18+) at all times in the water within arms reach (unless they take the swim test, this has to be done with the aquatics director.) Children 12 and under will have to take a swim test in order to swim in certain sections.

**Group Swim Lessons** – YMCA staff conduct. Please be respectful of our pool space. Makeup SL may be held on Thursday and Fridays if needed. YMCA swim lessons are not scheduled again until January.

**Aquatic Classes** – Are for anyone interested in working out in the pool with an instructor. Please be aware of where the class meets, ask a lifeguard if you need to know the exact location. See front desk for registration and fees.

**Safety Breaks** – Please be advised the pool may close for safety for 10 minutes at: 7am, 9am, 11am, 1pm, 3pm, 5pm, 7pm.

**Open Swim Times:** MWF 5am-8am, 12pm-Close. T/Th All day. Sat/Sun All day

\* **Private Swim Lessons, Lifeguard Classes, Scuba Classes and Pool Parties may also be using the pool at any time which will change open swim times.**

**\*\*NO POOL PASSES WILL BE SOLD DURING MORNING OR EVENING AQUATIC CLASS TIME. IF MAXIMUM NUMBER IS REACHED IN POOL, ALL POOL PASS SALES WILL STOP UNTIL WE ARE BACK UNDER RATIO\*\***



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## YMCA POOL RULES

- 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. (This includes if your child would like to swim before or after swim lessons.)
- Children 12 and under must have a parent or guardian\* on the pool deck.
- The parent or guardian\* must stay in the YMCA building.
- Children 12 and under must pass a swim test with the lifeguard before swimming in the deep end of the pool.
- No Horseplay of any kind.
- No Running.
- Diving is only allowed in 9 feet.
- Diving Blocks are for Swim Team and Swim Lesson use only.
- Proper Swim Attire must be worn (swimsuit or swim trunks). No T-Shirts, gym shorts, cut-offs etc.
- No glassware of any kind or food/beverage will be allowed in the pool area.
- No public displays of affection.
- 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.
- No gum.
- Kickboards, Fins, Mask and Snorkels may only be used in the lap lanes, by lap swimmers.
- No hanging or pulling on lane ropes or safety lines.
- No climbing on the pool devices or tampering with jets.
- Lifeguard(s) on duty have total discretion in determining which actions are deemed safe and unsafe in the pool.
- The lifeguard(s) has the right to ask members and guests to leave the pool, for repeated violations.

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