



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Pool Schedule

Reidsville Family YMCA - Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-7:30p	8:00a-4:40p	12:30p-4:30p
Water Fitness Class	8:00a-10:00a 11:00a-12:00a	NONE	8:00a-10:00a 11:00a-12:00a	NONE	8:00a-10:00a 11:00a-12:00a	NONE	NONE
Group Swim Lessons	5:30p-6:30p <i>9/16-9/25</i> <i>10/14-10/23</i>	5:30p-6:30p <i>9/16-9/25</i> <i>10/14-10/23</i>	5:30p-6:30p <i>9/16-9/25</i> <i>10/14-10/23</i>	NONE	NONE	NONE	NONE
Swim Team & Closed Program	1p-4:45p	5p-8p	NONE	5p-8p	4p-5p	NONE	NONE
Open Swim	5a-8a 12p-8:30p No Open Swim 5:30p-6:30p during Group Swim Lessons	5a-8:30p No Open Swim 5:30p-6:30p during Group Swim Lessons	5a-8a 12p-8:30p No Open Swim 5:30p-6:30p during Group Swim Lessons	5a-8:30p	5a-8a 12p-4p 5p-7:30p	8a-4:30p	12:30p-4:30p

Open Swim Fees & Frequent Swim Passes

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

Child 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 arms reach at all times.

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 armpit height AND pass walking test to rope without assistance.

NO BAND: Ages 5-12

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