



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REIDSVILLE FAMILY YMCA - May 2019

Monday & Wednesday		Tuesday & Thursday		Friday	
5:00-8:00 AM	LAPS (3) OPEN SWIM	5:00-9:00 AM	LAPS (4) OPEN SWIM	5:00-8:00 AM	LAPS (3) OPEN SWIM
8:00-10:00 AM	LAPS (3) Adult Water Fitness	9:00 AM - 12:00 PM	LAPS (4) OPEN SWIM*	8:00-10:00 AM	LAPS (3) Adult Water Fitness
10:00AM - 12:00PM	LAPS (3) Adult Water Fitness	12:00-5:00 PM	LAPS (4) OPEN SWIM*	10:00AM-12:00PM	LAPS (3) Adult Water Fitness
12:00PM - 5:00PM	LAPS (3) OPEN SWIM	5:00-7:00 PM	LAPS (2) OPEN SWIM	12:00-7:30PM	LAPS (3) OPEN SWIM
5:00-7:00 PM	LAPS (3) Program Swim* 5:30-7pm		Program Swim* Tues. 5:30-7pm	Saturday	
7:00-8:30 PM	LAPS (3) OPEN SWIM	7:00-8:30 PM	LAPS (3) OPEN SWIM	8:00AM-4:30PM	LAPS (4) OPEN SWIM Pool Parties
Sunday					
				12:30-4:30 PM	LAPS (4) OPEN SWIM Pool Parties

(#): Indicates number of lap lanes available.

Open Swim: Indicates when sections of the pool are available for youth members and/or guests 17 and under. (M-W: 5-8am, 12-5pm, 7-close. TH-F: 5-8am, 12-close. Sat-Sun: All Day)

Program Swim: Indicates various YMCA programs. Water fitness, afternoon swim lessons, summer camp swim, etc. During these times, there will be NO Open Swim for any youth under 18 years old.

Pool Parties: Indicates available times for pool parties. Pool parties must be scheduled with the Aquatics Director at least 2 weeks in advance.

Private Swim Lessons: Private swim lessons may use a lap lane or open area at any time. Please be aware and respectful of their lesson space.

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

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 arms reach of parent or wear a Coast Guard Approved lifejacket at all times.

