



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule

Reidsville Family YMCA – Spring 2020

| | 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-4:30p | 12:30p-4:30p |
| Water Fitness Class | 8:00a-10:00a 11:00a-12:00p | NONE | 8:00a-10:00a 11:00a-12:00p | NONE | 8:00a-10:00a 11:00a-12:00p | NONE | NONE |
| Group Swim Lessons | NONE | 11:15a-12p 5:30p-6:30p | 5:30p-6:30p | 11:15a-1p | NONE | NONE | NONE |
| Swim Team & Closed Program | NONE | Aqua Therapy 1:00p-5:00p Swim Team 5:00p-6:30p | NONE | Swim Team 5:00p-6:30p | Afterschool Swim 3:30p-5:00p | NONE | NONE |
| Open Swim | 5-8a 12p-8:30p | 5a-11:15a 6:30p-8:30p | 5-8a 12p-5:30p 6:30p-8:30p | 5a-8:30p | 5-8a 12p-3:30p 5p-7:30p | 8a-4:30p | 12:30p-4:30p |

Open Swim Fees & Frequent Swim Passes

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

Youth 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 arm reach at all times.

****OPEN SWIM TIMES ARE SUBJECT TO CHANGE! CALL FOR MOST UP TO DATE HOURS****

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 shoulders AND pass walking test to rope without assistance.

NO BAND: Ages 5-12
Must be within arm reach of adult or wear a Coast Guard Approved lifejacket at all times.