### Pool Schedule

**Reidsville Family YMCA – February 2020**

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lap Swim</strong></td>
<td>5:00a-8:30p</td>
<td>5:00a-8:30p</td>
<td>5:00a-8:30p</td>
<td>5:00a-8:30p</td>
<td>5:00a-7:30p</td>
<td>8:00a-4:30p</td>
<td>12:30p-4:30p</td>
</tr>
<tr>
<td><strong>Water Fitness Class</strong></td>
<td>8:00a-10:00a</td>
<td>NONE</td>
<td>8:00a-10:00a</td>
<td>NONE</td>
<td>8:00a-10:00a</td>
<td>NONE</td>
<td>NONE</td>
</tr>
<tr>
<td><strong>Group Swim Lessons</strong></td>
<td>NONE</td>
<td>NONE</td>
<td>NONE</td>
<td>NONE</td>
<td>NONE</td>
<td>10:30a-11:30a</td>
<td>NONE</td>
</tr>
<tr>
<td><strong>Swim Team &amp; Closed Program</strong></td>
<td>Aqua Therapy 1:00p-5:00p</td>
<td>Swim Team 4:00p-5:30p</td>
<td>Swim Team 4:00p-5:30p</td>
<td>Swim Team 4:00p-5:00p</td>
<td>Afterschool Swim 3:30p-5:00p</td>
<td>NONE</td>
<td>NONE</td>
</tr>
<tr>
<td><strong>Open Swim</strong></td>
<td>5-8a 12p-8:30p</td>
<td>5a-8:30p</td>
<td>5-8a 12p-8:30p</td>
<td>5a-8:30p</td>
<td>5-8a 12p-3:30p</td>
<td>8a-10:30a</td>
<td>11:30a-4:30p</td>
</tr>
</tbody>
</table>

**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**

**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.