



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REIDSVILLE FAMILY YMCA

## POOL SCHEDULE - MAY 2017

Monday & Wednesday		Tuesday & Thursday		Friday	
5:00-8:00 AM	LAPS (3) <b>OPEN SWIM</b>	5:00-8:00 AM	LAPS (4) <b>OPEN SWIM</b>	5:00-8:00 AM	LAPS (3) <b>OPEN SWIM</b>
8:00-10:00 AM	LAPS (3) Program Swim	8:00 AM - 12:00 PM	LAPS (4) Program Swim	8:00-10:00 AM	LAPS (3) Program Swim
10:00AM - 12:00PM	LAPS (3) Program Swim	12:00-5:00 PM	LAPS (4) <b>OPEN SWIM</b>	10:00AM-12:00PM	LAPS (3) Program Swim
12:00PM - 5:00PM	LAPS (4) <b>OPEN SWIM</b>	5:00-7:00 PM	LAPS (2) Program Swim	12:00-8:30PM	LAPS (3) <b>OPEN SWIM</b>
5:00-7:00 PM	LAPS (3) Program Swim		GCY Swim Team <b>OPEN SWIM</b> (Thursday ONLY) LAPS (4)	<b>Saturday</b> 8:00AM-4:30PM LAPS (4) <b>OPEN SWIM</b> Pool Parties 2-6	
7:00-8:30 PM	LAPS (4) <b>OPEN SWIM</b>	7:00-8:30 PM	<b>OPEN SWIM</b>		

Sunday	
1:00-4:30 PM	LAPS (4) <b>OPEN SWIM</b> Pool Parties 2-6

**(#):** 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, day care swim lessons, etc. During these times, there will be NO Open Swim for youth under 18 years old.  
**Swim Team:** Indicates GCY Mako Swim Team. 1 lane is reserved 5-6pm, 2 lanes are reserved 6-7pm.  
**Pool Parties:** Indicates available times for pool parties. Pool parties must be scheduled with the Aquatics Director at least 2 weeks in advance.

### 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

### 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.

## POOL RULES ON REVERSE SIDE

