

North Pool

South Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a - 7:00 a	Early Bird 5 - 7 am 2 Lanes Lap Swim	Lap Swim	Early Bird 5 - 7 am 2 Lanes Lap Swim	Lap Swim	Lap Swim	Pool opens 8:00 am	
7:00 a - 9:00 a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
9:00 a - 10:00 a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
10:00 a - 11:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
11:00 a - 12:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool opens 1:00 pm
12:00 p - 2:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 p - 4:00 p	Lap Swim	Special Olympics 2 lanes 3-5pm 2lanes lap	Lap Swim	Special Olympics 2 lanes 3-5pm 2lanes lap	Lap Swim	Lap Swim	Lap Swim
4:00 p - 6:00 p	Swim Team	Special Olympics 2 lanes 3-5pm 2lanes lap	Swim Team	Special Olympics 2 lanes 3-5pm 2lanes lap	Swim Team	Lap Swim	Lap Swim
6:00 p - 7:00 p	2 Lanes Lap Swim 2 Lanes Porpoise Club	Swim Team	2 Lanes Lap Swim 2 Lanes Porpoise Club	Swim Team	Lap Swim Porpoise Club One Lane	Lap Swim	Pool closes 5:30 pm
7:00 p - 8:00 p	Lap Swim	Swim Team	Lap Swim	Swim Team	Open Kayak 7:00 - 8:30 pm***	Pool closes 6:30 pm	
8:00 p - 9:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Kayak 7:00 - 8:30 pm***	*** Pool will be cleared for Open Kayak only if Kayaks are present	
9:00 p - 9:30 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closes at 8:30p		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a - 9:00 a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool opens 8:00 am Lap Swim	
9:00 a - 10:00	Aqua Ducks Independent Exercise	Independent exorcize Shallow Aqua FIT Deep Water	Aqua Ducks Independent Exercise	Special Needs Shallow Aqua FIT Deep Water	Aqua Bodies in Motion	H2O Boogie Amy	
10:00 - 11:00	Aqua Bodies in Motion Independent Exercise	Aqua Ducks Deep Independent Exercise Shallow	Aqua Bodies in Motion Independent Exercise	Aqua Ducks Deep Independent Exercise Shallow	Aqua Bodies in Motion Independent Exercise	Swim Lessons 10:00am- 12:00pm	
11:00 - 12:00	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Arthritis Flex & Stretch Independent Exercise	Swim Lessons 10:00am- 12:00pm	
12:00 - 1:00 p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	h2O Stretch 12:15-1:00	Pool opens 1:00 pm
1:00 p - 2:00 p	Family Swim 2 Lanes 2 Lane Lap	Family Swim 2 Lanes 2 Lane Lap	Family Swim 2 Lanes 2 Lane Lap	Family Swim 2 Lanes 2 Lane Lap	Family Swim 2 Lanes 2 Lane Lap	Family Swim	Family Swim 1 lane Lap
2:00 p - 3:00 p	Relentless H2O 2:00-3:15	Family Swim 2 Lanes Lap 2 Lanes	Relentless H2O 2:00-3:15	Family Swim 3 Lanes 1 Lane Lap	Relentless H2O 2:00-3:15	Family Swim	Family Swim 1 Lane Lap
3:00 p - 4:00 p	3:15 Family Swim 3 Lanes 1 Lane Lap	Family Swim 3 Lanes 1 Lane Lap	Water Stretch 3:30-4:15 pm One Lane Lap	Family Swim 3 lanes 1 Lap Lane	Water Stretch 3:30-4:15 pm One Lane Lap	Family Swim	Family Swim 1 Lane Lap
4:00 p - 5:00 p	Family Swim 2 Lanes 2 Lane Lap	Group Swim Lessons	Family Swim 2 Lanes 2 Lane Lap	Group Swim Lessons	Family Swim 2 Lanes 2 Lane Lap	Family Swim 3 Lanes 1 open Lap	Family Swim 1 Lane Lap
5:00 p - 6:00 p	Group Swim Lessons	swim Lessons	Group Swim Lessons	swim Lessons	Family Swim 2 Lanes 2 Lane Lap	Family Swim 3 Lanes 1 Lane Lap	Pool closes 5:30 pm
6:00p - 7:00p	Group Swim Lessons	H2O Boogie 5:30-630pm 1 lane open	Group Swim Lessons	H2O Sculpt 5:30-6:30pm	Family Swim	Pool closes 6:30pm	
7:00p - 8:00 p	Water Fitness 7-8:00pm	Family Swim 2 Lanes 2 Lane Lap	2 lanes lap swim 2 Family Swim	Family Swim 2 Lanes 2 Lane Lap	Family Swim		
8:00 p - 9:30 p	Family Swim 3 Lanes 1 Lane Lap	Family Swim 3 Lanes 1 Lane Lap	Family Swim 3 Lanes 1 Lane Lap	Family Swim 3 Lanes 1 Lane Lap	Pool Closes at 8:30p		

Aquatic Programs

Low Intensity/Beginner Classes

Aqua Ducks is a low to medium intensity workout in shallow water. Perfect for the beginner or the active senior who wants to get in shape and keep

Water Stretch is designed for people of all activity levels to stretch and tone the entire body while enjoying the mobility and freedom of the water. Great for swimmers before or after laps, for starting on the road to wellness, and for pregnant mamas, too!

Arthritis Flex and Stretch, low intensity stretching in shallow water, is designed with the Arthritis Foundation Guidelines for active adults dealing with joint pain and range-of-motion issues. This class guides you through gentle motions that increase active range of motion and flexibility without putting additional stress on joints or overusing any area of the body.

Medium Intensity/Intermediate Classes

H2O Boogie is a medium intensity workout. Perfect for beginners and active seniors, this class involves cardio fitness to up beat music designed to give you a total body workout.

Kids at Heart is a medium/high level intensity class which begins with active stretching. We work out with music, concentrate separately on upper body, legs, and mid-section, and use interval training before repeating the sequence. Dumbbells are optional at all times to increase resistance. *Participants must be comfortable floating in deep water and will be required to wear a flotation belt.*

Aqua Bodies in Motion and Aqua Boogie is a medium intensity aerobic workout which provides a healthy variety of cardio with shaping and toning moves that will encourage you to get your heart pumping and your body moving. This class uses various weights and resistance tools in the water to enhance muscle tone and development.

High Intensity/Advanced Classes

H2O FIT is a medium/high intensity total body sculpt and shape workout in deep water. This class will challenge you to get your heart pumping, muscles moving, wake up your metabolism and get you on the road to better shape. *Participants must be comfortable floating in deep water and will be required to wear a flotation belt.*

Advanced Deep Water and **H2O Sculpt** are new evening classes on Monday and Wednesday Evenings. You can expect a workout designed to test your limits, honed in the hard core Water Body Boot Camp.

For more information or comments on Water Fitness:

Lynn Trezise: Group Exercise Coordinator
210-9622-Ex 211 ltrezise@ymcawnc.org

All other comments, questions or concerns:

Kaela Magee:
Healthy Living Director– Aquatics
210-9605 Kmagee@ymcawnc.org

Asheville YMCA Pool Hours

Monday - Thursday	5:30 am - 9:30 pm
Friday	5:30am- 8:30 pm
Saturday	8:00 am - 6:30 pm
Sunday	1:00 pm - 5:30 pm



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Asheville YMCA May 2011

Calendar of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Lifeguard Recertification 4p-9pm	7 LG recert 9am-6pm
8 LG recert 9am-6pm	9	10	11	12 LG Class 4p-10p	13 LG Class 4p-10p Last day to register for Saturday Swim lessons	14 LG Class 9a-7p First day of Sat swim lessons
15 LG class 9a-7p	16	17 SPLASH in NORTH POOL 9am-11am	18 SPLASH in NORTH POOL 9am-11am	19 SPLASH in NORTH POOL 9am-11am LG class 4p-10	20 LG class 4p-10p Last day of swim lesson registration	21 LG Class 9a-7pm
22 LG class 9a-7p	23 First Day of Weekday Swim Lessons	24	25	26	27	28
29	30 Memorial Day Y Closes Early	31				