



SOUTH POOL ASHEVILLE YMCA

3/4/2019 - 4/13/2019

SOUTH POOL HOURS : MON-FRI 5AM-9:30PM, SAT 7AM-7:30PM, SUN 1PM-6:30PM

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am	updated 2/25/19						CLOSED
5:30am	CLOSED						
6am		5:00-8:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	5:00-8:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	5:00-8:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	5:00-8:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	5:00-8:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	
6:30am		9:00-12:00 Water Fitness Classes Aqua Tabata 9:00-10:00am Cardio Splash 10:00-11:00am Fluid Movement 11:00am-12:00pm	9:00-11:00 Water Fitness Classes Hydro Burn 9:00-10:00am Cardio Splash 10:00-11:00am 11:05-12:15 Open Swim 2 Lap Lanes/ private swim lessons	9:00-11:00 Water Fitness Classes Aqua Tabata 9:00-10:00am Cardio Splash 10:00-11:00am 11:05-12:15 Open Swim 2 Lap Lanes/ private swim lessons	9:00-12:00 Water Fitness Classes Hydro Burn 9:00-10:00am Cardio Splash 10:00-11:00am Fluid Movement 11:00am-12:00pm	9:00-11:00 Water Fitness Classes Aqua Tabata 9:00-10:00am Cardio Splash 10:00-11:00am 11:05-12:15 Open Swim 2 Lap Lanes	9:00-10:00 Water Fitness Making Waves
7am		12:20-1:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	12:20-1:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	12:20-1:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	12:20-1:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	12:20-1:55 Lap & Exercise 3 Lap Lanes 1 Exercise Lane	10:00-1:10 Swim Lessons <i>Limited Open Swim (See Below)</i>
7:30am		1:00-6:30 Open Swim	2:00-3:00 Water Fitness Hydro Burn	2:00-4:00 Open Swim 1 Lap Lane lifeguard class 4/16 1-6pm	2:00-4:00 Open Swim 1 Lap Lane lifeguard class 4/17 1-6pm	2:00-4:00 Open Swim 1 Lap Lane lifeguard class 4/18 1-6pm	2:00-3:00 Water Fitness Hydro Burn
8am		at least two lanes open during lifeguard class 3/3, 3/24 4/14, 4/28	3:05-4:00 Open Swim 1 Lap Lane	4:00-6:30 Swim Lessons	4:00-6:30 Swim Lessons	4:00-6:30 Swim Lessons	4:00-6:30 Swim Lessons
8:30am			4:00-6:30 Swim Lessons	4:00-6:30 Swim Lessons	4:00-6:30 Swim Lessons	4:00-6:30 Swim Lessons	3:00-9:30 Open Swim <i>make up swim lessons as needed</i>
9am			<i>Limited Open Swim (See Below)</i>	<i>Limited Open Swim (See Below)</i>	<i>Limited Open Swim (See Below)</i>	<i>Limited Open Swim (See Below)</i>	at least two lanes open during lifeguard class 3/2, 3/23 4/13, 4/27
9:30am			6:45-7:30 Water Fitness Aqua Tabata	6:00-9:30 Open Swim 1 Lap Lane	6:45-7:45 Water Fitness Aqua Zumba		
10am			7:35-9:30 Open Swim 1 Lap Lane		7:50-9:30 Open Swim 1 Lap Lane		
10:30am							
11am							
11:30am							
noon							
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9pm							
9:30pm							

SCHEDULE KEY:

Open: Pool available for open/family swim (life line will be up)
Water Fitness: Classes are occurring in various areas of the pool and those areas will be closed to open swimmers. Open swim availability is not guaranteed during these times. For information on these classes see the group exercise schedule.
Lap Lanes: Lap swimmers are expected to share the lanes with other members in a respectful manner. Lap lanes are for continuous lap swimming only. This includes standard strokes and kicking. Please circle swim when there are more than 2 swimmers in a lane.
Exercise Lanes: Please use designated lane for water jogging.

*** LIMITED OPEN SWIM *** no open swim unless noted

<u>Mon</u> 4:00-6:30p	deep end open swim
<u>Tues</u> 4:00-6:15p	deep end open swim
<u>Wed</u> 4:00-6:30p	deep end open swim
<u>Thurs</u> 4:00-6:15p	deep end open swim
<u>Sat</u> 10:00am-1:10pm	deep end open swim

Pool Schedule Subject to Change without Notice