



**NORTH POOL ASHEVILLE YMCA**  
3/4/2019 - 4/13/2019

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

**Pool Rules**

- ▼ Please follow all posted rules.
- ▼ Children in baby carriers, strollers, etc., must be actively supervised by a parent/caregiver at all times.
- ▼ Inflatable flotation devices and mermaid fins are not permitted.
- ▼ Shower before entering the pool and after the use of toilet facilities.
- ▼ Please do not enter the pool if you have a communicable disease or open cut.
- ▼ Please walk and do not engage in rough play.
- ▼ No glass, food, gum, tobacco, or pets are allowed on the pool deck.
- ▼ Proper swim attire must be worn. Cotton materials are prohibited.
- ▼ Children not toilet trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.
- ▼ Diaper changing on the pool deck is not permitted.
- ▼ Please obey all requests made by the lifeguard.

**Lap Swim**

- ▼ Swimmers are expected to share the lanes fairly and considerately. Circle swim is expected.
- ▼ Pass down the middle or stop at the end of the lane to let faster swimmers pass safely.
- ▼ The guard will be happy to help you determine the appropriate lap lane.
- ▼ Minors are allowed to use the lap lanes if they pass the swim test.

**Equipment**

- ▼ Kickboards are for lap swim use only.
- ▼ Pull buoys are for lap swim use only.
- ▼ Fins are for lap swim use only.
- ▼ Float belts are used for flotation for children.
- ▼ Noodles are to be used for flotation only.
- ▼ Lifejackets are available for children, and must remain in shallow end while wearing.

**Swim Test**

Any child under the age of 13 wishing to swim in water deeper than chest depth must pass the swim test.

- ▼ Jump into the shallow end, ducking the head under water
- ▼ Swim with a strong stroke 25 yards.
- ▼ Tread water for one minute.

**\*\*Swim tests must be completed every visit. The lifeguard has the authority to withhold or remove access to any area of the pool to maintain safety.**

**Special Dates to be Aware Of:**

- ▼ Swim Team is practicing for the season.

**\*\*Lifeguard Training classes are Mar 2/3, Mar 21-24. Apr 13/14 at least two lanes will be available during this time**

**Notice**

Pool Rules are in place for the safety of our members and guests.

**SCHEDULE KEY:**  
LAP: The entire North pool is available for Lap Swim  
Swim Team: Our Piranhas Swim Team uses 4 lanes. No Lap Swim Available.  
NO OPEN: The North pool is unavailable for Lap Swim.

**PLEASE CONTACT WITH QUESTIONS:**  
Aquatic Office  
Phone: 828 210 2264  
[www.ymcawnc.org/schedules](http://www.ymcawnc.org/schedules)

**Child Supervision in the Pool**

0-6 yrs

Adult must be in the water within arm's reach of child at all times.

7-9 yrs

Adult must be in the water or, if child has passed swim test, be in the pool area supervising the child at all times.

10+

Upon passing the swim test, child may be in the pool area unsupervised.

**\*\* Two lanes will be available for lap swim from 7:30pm-8:00pm on Tuesdays & Thursdays during swim team, and 6-6:30 Mon & Wed during swim lessons.**

Hours	SUN	MON	TUES	WED	THURS	FRI	SAT
5am	3/12/2019						
5:30am							CLOSED
6am							
6:30am							
7am							
7:30am							
8am							
8:30am							
9am							
9:30am							
10am							
10:30am		5:00a-4:00p Lap Swim	5:00a-6:00p Lap Swim	at least two lanes open lifeguard class 4/16 1-6pm	at least two lanes open during lifeguard class 1/17; 2/21, 1-6pm	5:00a-4:00p Lap Swim	
11am							
11:30am			at least two lanes open lifeguard class 4/16 1-6pm				
noon					NEW! H2O class 11am-12pm sign up at front desk two lanes avail during class		7:00a-7:30p Lap Swim
12:30pm							at least two lanes open during lifeguard class 1/19; 2/2; 2/23 and 3/2
1pm							
1:30pm							
2pm							
2:30pm	1:00-6:30 Lap Swim						
3pm							
3:30pm	at least two lanes open during lifeguard class 1/20; 2/3; 2/24 and 3/3						
4pm							
4:30pm		4:00-6:00 Swim Team (swim team break Apr 6-21)		4:00-6:00 Swim Team		4:00-6:00 Swim Team	
5pm							
5:30pm							
6pm		**Swim Lessons**		**Swim Lessons**			
6:30pm			6:00-7:30 Swim Team		6:00-7:30 Swim Team	6:00-7:25 Lap Swim **at least two lanes avail 1/18; 2/22**	
7pm							
7:30pm		6:30-9:30 Lap Swim		6:30-8:25 Lap Swim			
8pm							
8:30pm	CLOSED		7:30-9:30 Lap Swim (2 Lanes for Swim Team 7:30-8:00pm)		7:30-9:30 Lap Swim (2 Lanes for Swim Team 7:30-8:00pm)	7:30-9:30 Open Kayak	CLOSED
9pm				8:30-9:30 Water Polo			
9:30pm							

**Pool Schedule Subject to Change**

**When Reading the Schedule:**

Please note that in a block, the time the block pertains to is listed first, followed by open swim and lap lane availability and finally, additional programs occurring in the pool during the designated block. Please call the Aquatic Office with questions: 828 210 2264