

Lap Swim

Group Ex

Independent Exercise

Swim Lessons

Announcements:
As we move into Spring/Summer please expect schedule changes.

ASHEVILLE YMCA

April 8-14

POOL HOURS Mon-Thurs 6a-8:30p Fri 6a-7:30p Sat 7:30a-6:30p Sun 1p-4:30p

South Pool Time Monday 4/8 Tuesday 4/9 Wednesday 4/10 Thursday 4/11 Friday 4/12 Saturday 4/13 Sunday 4/14 Time 3 4 Lane 2 3 4 3 4 4 2 3 4 3 4 2 3 4 Lane 6a-7a Ж. 6a-7a Lap Swim Closed Ж Ж Ж Lap Swim Ж Lap Swim Lap Swim nd. 6a-9:20a Ж Lap Swim 7a-8a nd. 6a-8:20a 7a-8a nd. nd. 6a-8:50a 6a-8:50a pq nd. 8a-9:20a Lap Swim 8a-9a 8a-9a pen Deep Water Swim **Fitness** 82 0.30 9a-10a Hydro Burn Closed 9a-10a Hydro Burn Swim Lessons Hydro Burn Cardio Splash Family/Open 10a-11a Cardio Splash Cardio Splash (Only) 10a-11a Fluid Movement Cardio Splash 8:30a-12:30p Swim 11a-12p 9:30a-12:30p 11a-12p SL ap 11:10a ap 11:10a-3p Ж Lap Swim Ж Ж Swim 12p-1p 12p-1p Ж 11:30and. Ind. Ind. Lap Swim nd. 1:50p 1:50a 12:35p-1:50p 1p-2p Family/Open Swim 1p-2p Family/Open 1p-3p Swim Hydro Burn 2p-3p Hydro Burn Hydro Burn 2p-3p Family/Open Swim 12:30p-4p Lap Swim 3p-4:30p 2p-4p Family/Open nd. 3p-4p 3p-4p Swim Lessons Closed *LG Class 3p-4p Family/ See Below* 3p-5:15p 4p-5p Open Swim Family/Open Swim 4p-5p Swim Lessons Swim Lessons <u>ж</u> Lap Swim 3p-6:30p 3p-6:30p (Only) (Only) 5p-6p nd. 4p-6:30p 5p-6p 4p-6:45p 4p-6:45p Щ. Lap Swim Closed 6p-7p 6p-7p Ind. 5:15p-8:30p Lap Swim Lap Swim Lap Lap 7p-Ind. Ex. Ind. Ex. 7p-Closed 6:45p-8:30p Swim Swim 8:30p Closed 8:30p North Pool Time Tuesday 4/9 Wednesday 4/10 Thursday 4/11 Friday 4/12 Saturday 4/13 Sunday 4/14 Monday 4/8 Time 2 3 4 3 4 2 3 4 2 3 2 3 4 3 4 2 3 4 Lane 4 Lane Closed 6a-8a 6a-8a 8a-10a 8a-10a Lap Swim Closed 6a-1p Lap Swim Lap Swim Lap Swim Lap swim 10a-12p 10a-12p 6a-8:30p 6a-7:20p 6a-8:30p 6a-5:25p Lap Swim 12p-2p 12p-2p 7:30a-6:30p Closed Lap Swim 1p-3:30p 2p-4p 2p-4p 1p-4:30p ST Lap 3:30p-3:30p 3:30p 3:30p 3:00p Swim 4p-6p 4p-6p 5:30p 5:30p 5:30p 5:30p 5:15p 3:30p-6:30p Closed 5:30p-7:15p 6p-6p-Closed 8:30p Water Polo 7:30p-Reg. Required a08:8 Closed >>To register for open kayak please visit ymcawnc.org/programs-search<<

Swim Team

Specialty

Family/Open Swim

Family Swim and Open Swim are open to all.



Help people stay safe and confident around water as a YMCA lifeguard!

Lifeguard certification courses provided by the Y.





Scan to find current job opportunities here.

Scan to find lifeguard courses here.





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