



Announcements:
 LG Class August 8th-10th.
 Summer II lessons END Aug 13th.

ASHEVILLE YMCA

August 1st-17th

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

South Pool																																	
Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time				
Lane	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Lane
6a-7a	Ind. Ex.	Lap Swim 8a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Closed				Closed				6a-7a				
7a-8a	Ind. Ex.	Lap Swim 8a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Ind.	Lap Swim			Closed				Closed				7a-8a
8a-9a	Ind. Ex.	Lap Swim 8a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Ind.	Lap Swim			Closed				Closed				8a-9a
9a-10a	Hydro Burn				Hydro Burn				Family/Open Swim 8a-9:30a				Hydro Burn				Deep Water Fitness				Lap Swim				Closed				Closed				9a-10a
10a-11a	Hydro Burn				Cardio Splash				Cardio Splash				Cardio Splash				Family/Open Swim 9:30a-12:30p				Swim Lessons 9:15-12:40p				Closed				Closed				10a-11a
11a-12p	Fluid Movement				Lap Swim 12:10-2:20p				Fluid Movement				Lap Swim 12:10-2:50p				Family/Open Swim 9:30a-12:30p				Swim Lessons 9:15-12:40p				Closed				Closed				11a-12p
12p-1p	Ind. Ex.	Lap Swim 11:30a-1:50p			Ind. Ex.	Lap Swim 12:10-2:20p			Ind. Ex.	Lap Swim 11:30a-1:50a			Ind. Ex.	Lap Swim 12:10-2:50p			Ind.	Lap Swim 12:40p-1:50p			Family/Open Swim 12:50p-4p				Family/Open 1p-3p				Closed				12p-1p
1p-2p	Ind. Ex.	Lap Swim 11:30a-1:50p			Ind. Ex.	Lap Swim 12:10-2:20p			Ind. Ex.	Lap Swim 11:30a-1:50a			Ind. Ex.	Lap Swim 12:10-2:50p			Ind.	Lap Swim 12:40p-1:50p			Family/Open Swim 12:50p-4p				Family/Open 1p-3p				Closed				1p-2p
2p-3p	Hydro Burn				Family/Open 2:30p-4p				Hydro Burn				Family/Open 3p-4p				Hydro Burn				Family/Open Swim 12:50p-4p				Family/Open 1p-3p				Closed				2p-3p
3p-4p	Family/Open Swim				Family/Open 2:30p-4p				Family/Open 3p-4p				Family/Open 3p-4p				Family/Open Swim 3p-6:30p				Family/Open Swim 12:50p-4p				Family/Open 1p-3p				Closed				3p-4p
4p-5p	Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open Swim 3p-6:30p				Family/Open Swim 3p-6:30p				Ind. Ex.	Lap Swim 4:10-6:30p			Lap Swim 3:10p-4:30p				Closed				4p-5p
5p-6p	Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open Swim 3p-6:30p				Family/Open Swim 3p-6:30p				Ind. Ex.	Lap Swim 4:10-6:30p			Lap Swim 3:10p-4:30p				Closed				5p-6p
6p-7p	Ind.	Lap Swim 6:45p-8:30p			Ind. Ex.	Lap Swim			Ind.	Lap Swim 6:45p-8:30p			Ind. Ex.	Lap Swim			Ind.	Lap Swim 6:30p-7:30p			Closed				Closed				Closed				6p-7p
7p-8:30p	Ind.	Lap Swim 6:45p-8:30p			Ind. Ex.	Lap Swim			Ind.	Lap Swim 6:45p-8:30p			Ind. Ex.	Lap Swim			Ind.	Lap Swim 6:30p-7:30p			Closed				Closed				Closed				7p-8:30p

North Pool																																	
Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time				
Lane	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Lane
6a-8a	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p				Lap Swim 6a-5:15p				Closed				Closed				Closed				6a-8a
8a-10a	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p				Lap Swim 6a-5:15p				Closed				Closed				Closed				8a-10a
10a-12p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p				Lap Swim 6a-5:15p				Closed				Closed				Closed				10a-12p
12p-2p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p				Lap Swim 6a-5:15p				Closed				Closed				Closed				12p-2p
2p-4p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p				Lap Swim 6a-5:15p				Closed				Closed				Closed				2p-4p
4p-6p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p				Lap Swim 6a-5:15p				Closed				Closed				Closed				4p-6p
6p-8:30p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p				Lap Swim 6a-5:15p				Closed				Closed				Closed				6p-8:30p

>>To register for open kayak please visit ymcawnc.org/programs-search<<

Lap Swim	Independent Exercise	Swim Team	Family/Open Swim	Family Swim and Open Swim are open to all.
Group Ex	Swim Lessons	Specialty		

Please remember that our pools are shared by programs, classes, families, and all our members. The pool schedule is subject to change without notice due to programs, weather, maintenance, staffing, and/or special events.



**BE A LEADER
BE A LIFEGUARD**

GUARD

NOW HIRING LIFEGUARDS

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

Lifeguard certification courses provided by the Y.



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courses here.**



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