August Pool Schedule 17th - 31st

*** Pool schedule is subject to change without notice due to staffing and weather ***

Hendersonville Family YMCA

Annual Pool Closure 8/25-9/1/2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
Lane #	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Lane #
5:30-6 AM	Independent Exercise / Lap Swim	Independent Exercise / Lap Swim	Independent Exercise / Lap Swim	Independent Exercise / Lap swim	Independent Exercise / Lap Swim	YMCA Closed	SPA AREA CLOSED until 8 a.m. Wednesdays and Saturdays for cleaning	5:30-6 AM
6-7 AM	Aqua Tabata	Hydro Burn	Aqua Tabata	Hydro Burn	Aqua Tabata	Ind. Ex / Lap Swim		6-7 AM
7-8 AM	Cardio Splash	Aqua Tabata	Cardio Splash		Cardio Splash	Swim Lessons 9/4-10/26/2024 / Lap Swim		7-8 AM
8-9 AM	Fluid Movement	Independent Ex. / Lap Swim	Fluid Movement / Independent Exercise / Lap Swim	Lap Swim	Fluid Movement	Open Swim / Lap Swim	YMCA Closed	8-9 AM
9-10 AM	Independent Exercise / Lap Swim				Independent Exercise / Lap Swim		Lap Swim	9-10 AM
10-11 AM	Swim Lesons / Lap Swim	Lap Swim / Open Swim	Open Swim / Lap Swim / Swim Lessons	Open Swim	Lap Swim / Open Swim	Closed	Open Swim / Lap Swim / Hydro Burn	10-11 AM
11-12 PM							Closed	11-12 PM
12-1 PM								12-1 PM
1-2 PM								1-2 PM
2-3 PM								2-3 PM
3-4 PM								3-4 PM
4-5 PM								4-5 PM
5-6 PM								5-6 PM
6-7 PM	Lap Swim / Open Swim	Hydro Burn	Lap Swim / Open Swim	Hydro Burn	Open Swim / Lap Swim	Fall 1 Swim Lessons 9/4-10/26/2024		
7-8 PM		Open Swim / Lap Swim		Open Swim / Lap Swim	Closed			
8-9 PM	Closed	Closed	Closed	Closed				
Lane #	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5			

Lap Swim | Independent Exercise | Swim Lessons | Open Swim

Group Ex | Swim Team | Specialty

Contact Aquatics Manager Tiffany Dockery with any questions: tdockery@ymcawnc.org