



\*Schedule subject to change without notice due to staffing and weather\*

# Asheville YMCA April

**Announcements:**  
\*\*Lifeguard Re-Certification course (4/12-4/13) Saturday 8a-5p; Sunday 1p-3p. North and South Pool may be used.

## 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 6a-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 6a-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 7:30-8:20a			Closed				7a-8a				
8a-9a	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Open Swim				Ind. Ex.	Lap Swim 6a-8:50a			Deep Water Fitness				Swim Lessons (Only) 8:30a-12:15p				Closed				8a-9a				
9a-10a	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Cardio Splash				Swim Lessons (Only) 8:30a-12:15p				Closed				9a-10a				
10a-11a	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons (Only) 8:30a-12:15p				Closed				10a-11a				
11a-12p	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Fluid Movement				Swim Lessons (Only) 8:30a-12:15p				Closed				11a-12p				
12p-1p	Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11a-2:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Open Swim 12:15p-4p				Open Swim 1p-3p				12p-1p				
1p-2p	Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11a-2:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Open Swim 12:15p-4p				Open Swim 1p-3p				1p-2p				
2p-3p	Hydro Burn				Family/Open 2p-4p				Hydro Burn				Family/Open 2p-4p				Hydro Burn				Open Swim 12:15p-4p				Open Swim 1p-3p				2p-3p				
3p-4p	Family/Open 3p-6:30p				Family/Open 2p-4p				Family/Open				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Open Swim 12:15p-4p				Lap Swim 3:10p-4:30p				3p-4p				
4p-5p	Family/Open 3p-6:30p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Ind. Ex.	Lap Swim 4:10-6:30p			Closed				4p-5p				
5p-6p	Family/Open 3p-6:30p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Ind. Ex.	Lap Swim 4:10-6:30p			Closed				5p-6p				
6p-7p	Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Closed				Closed				6p-7p				
7p-8:30p	Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			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-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Closed				Closed				6a-8a				
8a-10a	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Closed				8a-10a				
10a-12p	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				10a-12p				
12p-2p	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				12p-2p				
2p-4p	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				2p-4p				
4p-6p	*Piranhas Swim Team				*Piranhas Swim Team				*Piranhas Swim Team				*Piranhas Swim Team				Reg. Req. See Below				Lap Swim 7:30a-6:30p				Closed				4p-6p				
6p-8:30p	Lap Swim 6p-8:30p				*Piranhas Swim Team				Lap Swim 6p-7:15p				*Piranhas Swim Team				Open Kayak 5:15p-6:15p				Lap Swim 7:30a-6:30p				Closed				6p-8:30p				
	Lap Swim 6p-8:30p				Lap Swim				Water Polo				Lap Swim				Open Kayak 6:15p-7:15p				Closed				Closed								

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://ymcawnc.org/programs-search)<<

Lap Swim	Independent Ex.	Swim Team	Family/Open Swim	Family Swim and Open Swim are open to all. Independent Ex. is limited to <b>adults</b> only.
Group Ex	Swim Lessons	Specialty		

Contact Aquatics Director Emily McGlynn with any questions: [emcglynn@ymcawnc.org](mailto:emcglynn@ymcawnc.org)

\*Piranhas: No practice 4/5-4/19. Lap swim will take place instead.

**Want a FREE  
Membership?  
How about \$250?**

**Apply to be a lifeguard  
today!**



Join the team at the Downtown Asheville YMCA today! Work a minimum of two shifts a month and get a complimentary free membership. Lifeguard certification provided by the YMCA.

**Join the team between December  
15 and February 15 and receive a  
\$250 sign-on bonus!**

\*Must work a minimum 30 days and 40 hrs to be eligible



**To apply  
scan the QR  
Code!**

[ymcawnc.org](http://ymcawnc.org)

