



Schedule subject to change without notice due to staffing and weather

Asheville YMCA

Monday August 4 - Sunday August 31

Announcements:
Registration for Fall Swim Lessons Now Open!
Lifeguard Class 8/7-8/9 Noth Pool

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	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	Lap Swim 7:30-8:20a							7a-8a	
8a-9a									Open Swim			Deep Water Fitness					Swim Lessons (Only) 8:30a-12:15p												8a-9a	
9a-10a	Hydro Burn			Hydro Burn			Hydro Burn			Cardio Splash			Swim Lessons (Only) 8:30a-12:15p								9a-10a									
10a-11a	Hydro Burn			Cardio Splash			Hydro Burn			Cardio Splash											Swim Lessons (Only) 8:30a-12:15p								10a-11a	
11a-12p	Fluid Movement			Fluid Movement			Fluid Movement			Fluid Movement							Swim Lessons (Only) 8:30a-12:15p												11a-12p	
12p-1p	Next Lvl Rehab	Ind. Ex.	Lap Swim 11:40- 1:50	Ind. Ex.	Lap Swim 11a- 1:50p	NLR	Ind. Ex.	Lap Swim 11:40a 1:50p	Next Level Rehab	Ind. Ex.	Lap Swim 11a- 2:50p	Ind. Ex.	Lap Swim 11:40a- 1:50p	Open Swim 12:15p-4p															Private Lesson	Open Swim 1p-3p
1p-2p																					Hydro Burn			Family/Open 2p-4p						
2p-3p	Hydro Burn			Family/Open 2p-4p			Hydro Burn			Hydro Burn			Open Swim 12:15p-4p					2p-3p												
3p-4p	Next Lvl Rehab	Family/Open			Family/Open 2p-4p			NLR	Family/Ope n			Family/ Open 3p-6:30p				Family/Open 3p-6:30p			Lap Swim 3:10p- 4:30p				3p-4p							
4p-5p		Swim Lessons 4p-6:35p			Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p						Family/ Open 3p-6:30p								Family/Open 3p-6:30p			PL	Lap Swim 4:10- 6:30p			4p-5p
5p-6p		Swim Lessons 4p-6:35p			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			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. Ex.	Lap Swim 6:30p- 8:30p			Ind	Lap Swim			Closed
7p-8:30p	Lap Swim 6:30p- 8:30p			Lap Swim 6:30p- 8:30p			Lap Swim 6:30p- 8:30p				Lap Swim 6:30p- 8:30p			Lap Swim 6:30p- 8:30p			Lap Swim			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	Lane																
6a-8a	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:30p				Lap Swim 6a-8:30				Lap Swim 6a-5:15p				Closed				Closed				6a-8a																
8a-10a																					Lap Swim 7:30a-6:30p								Closed				8a-10a												
10a-12p																																	Lap Swim 1p-4:30p				Closed				10a-12p				
12p-2p																																									Closed				12p-2p
2p-4p																					PL				PL				Reg. Req. See Below				Closed				Closed				2p-4p				
4p-6p																					PL								Open Kayak 5:15p-6:15p												Closed				4p-6p
6p-8:30p																					PL								Open Kayak 6:15p-7:15p												Closed				Closed
								Water Polo								Closed																													

>>To register for open kayak please visit 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 adults only.
Group Ex	Swim Lessons	Specialty		

We are currently short staffed and in need of lifeguards during the day. If you or someone you know is interested please see the back of the schedule for more information.

