



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			Open Swim 12:15p-4p								Private Lesson	Open Swim 1p-3p							9a-10a	
10a-11a																													Hydro Burn	
11a-12p	Fluid Movement			Fluid Movement			Fluid Movement			Lap Swim 4:10-6:30p							11a-12p													
12p-1p														Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			PL	Ind. Ex.	Lap Swim 11a-2:50p					Ind. Ex.	Lap Swim 11:40a-1:50p
1p-2p	Hydro Burn			Family/Open 2p-4p			Hydro Burn																							
2p-3p										Family/Open 3p-4p			Family/Open 2p-4p			Family/Open			Family/ Open 3p-6:30p			Family/Open 3p-6:30p			Lap Swim 3:10p-4:30p				2p-3p	
3p-4p	Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p																						Private Lessons	Family/ Open 3p-6:30p
4p-5p										Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Private Lessons	Family/ Open 3p-6:30p			Family/Open 3p-6:30p							
5p-6p	Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p																			Private Lessons	Family/ Open 3p-6:30p			Family/Open 3p-6:30p
6p-7p										Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Private Lessons	Family/ Open 3p-6:30p			Family/Open 3p-6:30p							
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. Ex.	Lap Swim 6:30p-8:30p
										Close @7:30p																				

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																					8a-10a															
10a-12p																					10a-12p															
12p-2p																					12p-2p															
2p-4p	PL				Lap Swim 6a-8:30p				Lap Swim 6a-7:30p				Lap Swim 6a-8:30				Lap Swim 6a-5:15p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				2p-4p							
4p-6p	PL			PL																					Reg. Req. See Below				Closed				4p-6p			
6p-8:30p																									Water Polo				Open Kayak 5:15p-6:15p				Open Kayak 6:15p-7:15p			

>>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.

