



Pool Schedule Oct 1 - Oct 12

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

Asheville YMCA

**Lap Swim
only in lap
lanes, Please!**

South Pool																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																					
Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
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6-7 AM	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				6-7 AM																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
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9-10 AM	Hydro Burn			Hydro Burn			Hydro Burn			Hydro Burn			Deep Water Fitness			Swim Lessons 8:20-12:10p				Closed	9-10 AM																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
10-11 AM																					Cardio Splash			Cardio Splash					Cardio Splash			Cardio Splash			Family Swim 12:20p-4p	PL	Family Swim 1p- 3p	Private lessons	Closed																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
11-12 PM	Fluid Movement			Fluid Movement			Fluid Movement			Fluid Movement			Family Swim 12:20p-4p	PL	Family Swim 1p- 3p																									Private lessons	Closed																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
12-1 PM																Ind. Ex.	Lap Swim 11:15-2:20p				Ind. Ex.	Lap Swim							Independent Exercise	Lap Swim 11:10a-3:50p			Ind. Ex.	Lap Swim 11:10p-1:50p								Family Swim 12:20p-4p	PL	Family Swim 1p- 3p	Private lessons	Closed																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
1-2 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Independent Exercise	Lap Swim 11:10a-3:50p															Ind. Ex.	Lap Swim 11:10p-1:50p																					Family Swim 12:20p-4p	PL	Family Swim 1p- 3p	Private lessons	Closed																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
2-3 PM																Hydro Burn			Family Swim			Hydro Burn											Hydro Burn																			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim			Family Swim	

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
6-8 AM	Lap Swim Until 4:00p				Lap Swim Until 4:00p				Lap Swim Until 4:00p				Lap Swim Until 4				Lap Swim Until 4:00p				Closed				Closed				6-8 AM
8-10 AM																					8-10 Swim Team								8-10 AM
10-12 PM																					Lap swim 7:15a-6:30p								10-12 PM
12-2 PM																					Lap swim 7:15a-6:30p								12-2 PM
2-4 PM	4-6pm Swim Team				PL				4-6pm Swim Team				Swim Team				4-5:30 Swim Team				Lap swim 7:15a-6:30p				Lap Swim				2-4 PM
4-6 PM					Swim Team																				Swim Team				Swim Team
6-8:30 PM	Lap Swim				Lap Swim				Lap swim				Lap Swim				Open Kayak 5:30p-7:15p				Closed				Closed				6-8:30 PM
									Water Polo 7:30p-8:30p																				Reg. Required See Below

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

Lap Swim	Independent Exercise	Swim Team	Open Swim
Group Ex	Swim Lessons	Specialty	

For Questions contact Aquatics Manager - Programing Jeri Martin jmartin@ymcawnc.org

For lifeguarding, safety, and lifeguard job applications, contact the Association Aquatics Director
Ben Watson: bwatson@ymcawnc.org

We are hiring lifeguards!! Apply today!!



**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.



**Scan to find current
job opportunities here.**

**Scan to find lifeguard
courses here.**



ymcawnc.org

