



# Pool Schedule Oct 13 - Oct 19

\*\* 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           |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 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           |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 6-7 AM     | Ind. Ex.                | Lap Swim<br>6a-9:20a |   |   | Ind. Ex.                           | Lap Swim<br>6a-8:50a    |   |   | Ind. Ex.                           | Lap Swim<br>6a-9:20a |   |   | Ind. Ex.             | Lap Swim<br>6a-8:50a     |   |   | Ind. Ex.                    | Lap Swim<br>6a-8:20a       |   |   | Closed      |          |                        |                      | Closed               |                          |                 |                 | 6-7 AM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 7-8 AM     |                         |                      |   |   |                                    |                         |   |   |                                    |                      |   |   |                      |                          |   |   |                             |                            |   |   | Ind         | Lap Swim |                        |                      |                      |                          |                 |                 | 7-8 AM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 8-9 AM     |                         |                      |   |   |                                    |                         |   |   |                                    |                      |   |   |                      |                          |   |   |                             |                            |   |   |             | Lap Swim |                        |                      |                      |                          |                 |                 | 8-9 AM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 9-10 AM    | Hydro Burn              |                      |   |   | Hydro Burn                         |                         |   |   | Hydro Burn                         |                      |   |   | Deep Water Fitness   |                          |   |   | Swim Lessons<br>8:20-12:10p |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | 9-10 AM        |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 10-11 AM   | Hydro Burn              |                      |   |   | Cardio Splash                      |                         |   |   | Hydro Burn                         |                      |   |   | Cardio Splash        |                          |   |   |                             |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | Cardio Splash  |  |  |  |  |  |  |  |  |  |  |  | 10-11 AM |  |  |  |  |  |  |  |
| 11-12 PM   | Fluid Movement          |                      |   |   | Cardio Splash                      |                         |   |   | Fluid Movement                     |                      |   |   | Cardio Splash        |                          |   |   |                             |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | Fluid Movement |  |  |  |  |  |  |  |  |  |  |  | 11-12 PM |  |  |  |  |  |  |  |
| 12-1 PM    | Ind. Ex.                | Lap Swim             |   |   | Ind. Ex.                           | Lap Swim<br>11:15-2:20p |   |   | Ind. Ex.                           | Lap Swim             |   |   | Independent Exercise | Lap Swim<br>11:10a-3:50p |   |   | Ind. Ex.                    | Lap Swim<br>12:40p-1:50p   |   |   | Family Swim |          | PL                     | LG Class<br>12pm-2pm |                      | Family Swim<br>1p- 2:50p |                 | Private lessons | 12-1 PM        |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 1-2 PM     |                         |                      |   |   |                                    |                         |   |   |                                    |                      |   |   |                      |                          |   |   |                             |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | 1-2 PM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 2-3 PM     |                         |                      |   |   |                                    |                         |   |   |                                    |                      |   |   |                      |                          |   |   |                             |                            |   |   | 12:20 p-4p  |          |                        |                      |                      |                          |                 |                 | 2-3 PM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 3-4 PM     | Hydro Burn              |                      |   |   | Family Swim                        |                         |   |   | Hydro Burn                         |                      |   |   | Independent Exercise | Family Swim<br>4p-6:30p  |   |   | PL                          | Family Swim<br>3:10p-6:20p |   |   | 12:20 p-4p  |          |                        |                      | Lap Swim<br>3p-4:30p |                          | Private lessons | 3-4 PM          |                |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 4-5 PM     | Family Swim<br>3p-6:20p |                      |   |   | Swim Lessons<br>(Only)<br>4p-6:30p |                         |   |   | Family Swim                        |                      |   |   |                      |                          |   |   |                             |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | 4-5 PM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 5-6 PM     | PL                      |                      |   |   | Swim Lessons<br>(Only)<br>4p-6:30p |                         |   |   | Swim Lessons<br>(Only)<br>4p-6:30p |                      |   |   |                      |                          |   |   |                             |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | 5-6 PM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 6-7 PM     | Ind                     | Lap Swim<br>6:30p    |   |   | Ind                                | Lap Swim<br>6:30p-8:30p |   |   | Ind                                | Lap Swim             |   |   | Ind. Ex.             | Lap Swim                 |   |   | LG Class                    | Lap Swim                   |   |   | Ind. Ex.    |          | Lap Swim<br>4:10-6:30p |                      | Closed               |                          |                 |                 | 6-7 PM         |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
| 7-8:30 PM  |                         |                      |   |   |                                    |                         |   |   |                                    |                      |   |   |                      |                          |   |   |                             |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | 7-8:30 PM      |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |
|            | Closed                  |                      |   |   |                                    |                         |   |   |                                    |                      |   |   |                      |                          |   |   | Closed                      |                            |   |   |             |          |                        |                      |                      |                          |                 |                 | 7-8:30 PM      |  |  |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |

| 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<br>Until 4:00p |   |   |   | Lap Swim<br>Until 4:00pm |   |   |   | Lap Swim<br>Until 4:00p   |   |   |   | Lap Swim<br>Until 4 |   |          |   | Lap Swim<br>Until 4:00p    |   |   |   | Closed           |   |   |   | Closed |   |   |   | 6-8 AM    |  |  |  |                           |  |  |  |        |  |  |  |          |
| 8-10 AM    |                         |   |   |   |                          |   |   |   |                           |   |   |   |                     |   |          |   |                            |   |   |   | 8-10 Swim Team   |   |   |   |        |   |   |   | Closed    |  |  |  | 8-10 AM                   |  |  |  |        |  |  |  |          |
| 10-12 PM   |                         |   |   |   |                          |   |   |   |                           |   |   |   |                     |   |          |   |                            |   |   |   |                  |   |   |   |        |   |   |   |           |  |  |  | LG Class<br>9am-12pm      |  |  |  | Closed |  |  |  | 10-12 PM |
| 12-2 PM    |                         |   |   |   |                          |   |   |   |                           |   |   |   |                     |   |          |   |                            |   |   |   |                  |   |   |   |        |   |   |   |           |  |  |  |                           |  |  |  |        |  |  |  | Lap Swim |
| 2-4 PM     | PL                      |   |   |   | Lap Swim                 |   |   |   | Lap Swim                  |   |   |   | Lap Swim            |   | LG Class |   | 2-4 PM                     |   |   |   |                  |   |   |   |        |   |   |   |           |  |  |  |                           |  |  |  |        |  |  |  |          |
| 4-6 PM     | 4-6pm Swim Team         |   |   |   |                          |   |   |   |                           |   |   |   | Swim Team           |   |          |   | 4-6pm Swim Team            |   |   |   | 4-5:30 Swim Team |   |   |   | Closed |   |   |   | 4-6 PM    |  |  |  |                           |  |  |  |        |  |  |  |          |
| 6-8:30 PM  | Lap Swim                |   |   |   |                          |   |   |   |                           |   |   |   |                     |   |          |   |                            |   |   |   |                  |   |   |   |        |   |   |   | Swim Team |  |  |  | Open Kayak<br>5:30p-7:15p |  |  |  | Closed |  |  |  | Closed   |
|            |                         |   |   |   | Lap Swim                 |   |   |   | Water Polo<br>7:30p-8:30p |   |   |   | Lap Swim            |   |          |   | Reg. Required<br>See Below |   |   |   |                  |   |   |   |        |   |   |   |           |  |  |  |                           |  |  |  |        |  |  |  |          |

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

For lifeguarding, safety, and lifeguard job applications, contact Association Aquatics Director  
Ben Watson: [bwatson@ymcawnc.org](mailto:bwatson@ymcawnc.org)



**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.**



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