

September 10th - 18th Pool Schedule

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

<u>Lap Swim</u> only in lap lanes, Please!

Asheville YMCA

South Pool										
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time		
<u>Lane</u>	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	Lap	ي Lap	ій Lap Swim	ا د	Lap	Closed		6-7 AM		
7-8 AM		û Swim	j 6a-9:20a	Lap				7-8 AM		
7-8 AM	SWIIII	. pu 6a-	1	Swim 6a-8:50a	- Swim 6a-8:20a	Lap Swim		7-8 AM		
8-9 AM	pul 6a-	8:50a	Open	급 0a-0:50a		Edp Swiiii		8-9 AM		
	9:20a		Swim	_	Deep Water Fitness					
9-10 AM		Hydro Burn		Hydro Burn		Swim Lessons	Closed	9-10 AM		
10-11	Hydro Burn	Cardio Splash	Cardio Splash	Cardio Splash	Cardio Splash	8:20-12:10p		10-11		
AM	Fluid Movement	Caraio Spiasii	Fluid Movement	Cardio Spiasii	Fluid Movement			AM		
11-12 PM		و						11-12 PM		
	Ш Jan	eha ×	Д		Lap Swim	PL				
12-1 PM	Lup	Ind. Ex.			40.40	Family		12-1 PM		
1-2 PM	Ind Swim	Swim Swim	Ind. Swim	Rehap Ind. Ex.	년 12:40p- 1:50p	Swim	Family	1-2 PM		
1-2 FM		x L		Fig. Swim		12:30p-	Swim	1-2 FM		
2-3 PM	Hydro Burn	N N	Hydro Burn	skel	Hydro Burn	4p	1p- 3p	2-3 PM		
		Family	✓ Family	t Le	,	4p				
3-4 PM		Swim	Swim	S S	Family		Lap Swim	3-4 PM		
4-5 PM	~ 급 Family				PL Swim	ن Lap	3:10p-4:30p	4-5 PM		
4-2 FIVI	Swim	SWIIII LESSOIIS	Swim Lessons	Family	3:10p-	Ш Swim		4-2 FM		
5-6 PM		(Only)	(Only)	Swim	· · · · · · · · · · · · · · · · · · ·	94:10-		5-6 PM		
		4p-6:35p	4p-6:35p	4p- 6:30p	6:30p	는 6:30p	Closed			
6-7 PM	_ Lap Swim	Ind. Lap	Lap Swim	Ind. Lap	Lap Swim		0.000	6-7 PM		
7-8:30	Pul 6:45p-	Ex. Swim	6:45p-		Lap Swilli	Closed		7-8:30		
PM			—	EX. SWIIII						
	8:30p	EX. SWIIII	8:30p	Ex. Swim	Closed			PM		
			8:30p	North Pool		Saturday	Sunday	•		
Time Lane		Tuesday	8:30p Wednesday 1 2 3 4		Closed	Saturday 1 2 3 4	Sunday 1 2 3 4	Time		
Time Lane	Monday 1 2 3 4	Tuesday	Wednesday	North Pool Thursday	Friday	1 2 3 4	_	Time Lane		
Time	Monday 1 2 3 4	Tuesday	Wednesday	North Pool Thursday	Friday		_	Time		
Time Lane 6-8 AM	Monday 1 2 3 4	Tuesday	Wednesday	North Pool Thursday	Friday	1 2 3 4	_	Time Lane 6-8 AM		
Time Lane	Monday 1 2 3 4	Tuesday 1 2 3 4	Wednesday 1 2 3 4	North Pool Thursday	Friday 1 2 3 4	1 2 3 4	1 2 3 4	Time Lane		
Time Lane 6-8 AM 8-10 AM	Monday 1 2 3 4	Tuesday 1 2 3 4 Lap	Wednesday 1 2 3 4	North Pool Thursday 1 2 3 4	Friday 1 2 3 4	1 2 3 4	_	Time Lane 6-8 AM 8-10 AM		
Time Lane 6-8 AM 8-10 AM	Monday 1 2 3 4	Tuesday 1 2 3 4 Lap Swim	Wednesday 1 2 3 4	North Pool Thursday 1 2 3 4	Friday 1 2 3 4	Closed	1 2 3 4	Time Lane 6-8 AM 8-10 AM		
Time Lane 6-8 AM 8-10 AM	Monday 1 2 3 4 Lap Swim	Tuesday 1 2 3 4 Lap	Wednesday 1 2 3 4 Lap Swim	North Pool Thursday 1 2 3 4	Friday 1 2 3 4 Lap Swim	1 2 3 4	1 2 3 4	Time Lane 6-8 AM 8-10 AM		
Time Lane 6-8 AM 8-10 AM 10-12 PM	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim	Wednesday 1 2 3 4	North Pool Thursday 1 2 3 4 Lap Swim	Friday 1 2 3 4	Closed Lap	1 2 3 4	Time Lane 6-8 AM 8-10 AM 10-12 PM		
Time Lane 6-8 AM 8-10 AM	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim	Wednesday 1 2 3 4 Lap Swim	North Pool Thursday 1 2 3 4	Friday 1 2 3 4 Lap Swim	Closed Lap Swim	Closed	Time Lane 6-8 AM 8-10 AM		
Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim Until 6	Wednesday 1 2 3 4 Lap Swim	North Pool Thursday 1 2 3 4 Lap Swim	Friday 1 2 3 4 Lap Swim	Closed Lap	1 2 3 4	Time Lane 6-8 AM 8-10 AM 10-12 PM		
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Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim Until 6	Wednesday 1 2 3 4 Lap Swim Until 4:00p	North Pool Thursday 1 2 3 4 Lap Swim	Friday 1 2 3 4 Lap Swim	Closed Lap Swim	Closed	Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM		
Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim Until 6	Wednesday 1 2 3 4 Lap Swim Until 4:00p	North Pool Thursday 1 2 3 4 Lap Swim	Friday 1 2 3 4 Lap Swim Until 4:00p	Closed Lap Swim	Closed	Time Lane 6-8 AM 8-10 AM 10-12 PM		
Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim Until 6	Wednesday 1 2 3 4 Lap Swim Until 4:00p	North Pool Thursday 1 2 3 4 Lap Swim Until 6	Friday 1 2 3 4 Lap Swim Until 4:00p 4-5:30 Swim Team Open Kayak	Closed Lap Swim	Closed Lap Swim	Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM		
Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM 4-6 PM 6-8:30	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim Until 6	Wednesday 1 2 3 4 Lap Swim Until 4:00p 4-6:30 pm Swim Team	North Pool Thursday 1 2 3 4 Lap Swim Until 6	Friday 1 2 3 4 Lap Swim Until 4:00p 4-5:30 Swim Team Open Kayak 5:30p-7:15p	Lap Swim 7:30a-6:30p	Closed	Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM 4-6 PM 6-8:30		
Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM 4-6 PM	Monday 1 2 3 4 Lap Swim Until 4:00p	Tuesday 1 2 3 4 Lap Swim Until 6	Wednesday 1 2 3 4 Lap Swim Until 4:00p 4-6:30 pm Swim Team Lap Swim Water Polo	North Pool Thursday 1 2 3 4 Lap Swim Until 6	Friday 1 2 3 4 Lap Swim Until 4:00p 4-5:30 Swim Team Open Kayak 5:30p-7:15p Reg. Required	Closed Lap Swim	Closed Lap Swim	Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM 4-6 PM		
Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM 4-6 PM 6-8:30	Lap Swim Team	Tuesday 1 2 3 4 Lap Swim Until 6 PL 6-7:30 Swim team Lap Swim	Wednesday 1 2 3 4 Lap Swim Until 4:00p 4-6:30 pm Swim Team Lap Swim Water Polo 7:30p-8:30p	North Pool Thursday 1 2 3 4 Lap Swim Until 6	Friday 1 2 3 4 Lap Swim Until 4:00p 4-5:30 Swim Team Open Kayak 5:30p-7:15p Reg. Required See Below	Lap Swim 7:30a-6:30p	Closed Lap Swim Closed	Time Lane 6-8 AM 8-10 AM 10-12 PM 12-2 PM 2-4 PM 4-6 PM 6-8:30		
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For Questions contact Aquatics Manager - Programing Jeri Martin Jmartin@ymcawnc.org