



September 10th -18th Pool Schedule

**** 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 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 |
| 7-8 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7-8 AM |
| 8-9 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8-9 AM |
| 9-10 AM | | | | | | | | | | | | | | | | | | | | | Hydro Burn | | | Cardio Splash | | | | | Hydro Burn |
| 10-11 AM | 10-11 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11-12 PM | 11-12 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12-1 PM | NLR | Ind. Ex. | Lap Swim | | Next Level Rehab | Ind. Ex. | Lap Swim | NLR | Ind. Ex. | Lap Swim | | Next Level Rehab | Ind. Ex. | Lap Swim | | | Ind. Ex. | Lap Swim 12:40p-1:50p | | | Family Swim 12:30p-4p | | | PL | | | | | 12-1 PM |
| 1-2 PM | 1-2 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2-3 PM | 2-3 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3-4 PM | 3-4 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-5 PM | NLR | PL Family Swim | | | Swim Lessons (Only) 4p-6:35p | | | Swim Lessons (Only) 4p-6:35p | | | Next Level Rehab | Ind. Ex. | Family Swim 4p- 6:30p | | | PL | Family Swim 3:10p-6:30p | | | Ind. Ex. | Lap Swim 4:10-6:30p | | | Closed | | | | 4-5 PM | |
| 5-6 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5-6 PM | |
| 6-7 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6-7 PM | |
| 7-8:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7-8:30 PM | |
| | Ind. | Lap Swim 6:45p-8:30p | | | Ind. Ex. | Lap Swim | | | Ind | Lap Swim 6:45p-8:30p | | | Ind. Ex. | Lap Swim | | | Ind | Lap Swim | | | Closed | | | | | | | | |

| 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 6 | | | | Lap Swim Until 4:00p | | | | Lap Swim Until 6 | | | | Lap Swim Until 4:00p | | | | Closed | | | | Closed | | | | 6-8 AM |
| 8-10 AM | | | | | | | | | | | | | | | | | | | | | 8-10 AM | | | | | | | | |
| 10-12 PM | | | | | | | | | | | | | | | | | | | | | 10-12 PM | | | | | | | | |
| 12-2 PM | | | | | | | | | | | | | | | | | | | | | 12-2 PM | | | | | | | | |
| 2-4 PM | | | | | PL | | | | | | | | | | | | | | | | Lap Swim 7:30a-6:30p | | | | Lap Swim | | | | 2-4 PM |
| 4-6 PM | 4-6:30 pm Swim Team | | | | | | | | 4-6:30 pm Swim Team | | | | | | | | 4-5:30 Swim Team | | | | | | | | | | | | 4-6 PM |
| 6-8:30 PM | Lap Swim | | | | 6-7:30 Swim team | | | | Lap Swim Water Polo 7:30p-8:30p | | | | 6-7:30 Swim team | | | | Open Kayak 5:30p-7:15p | | | | | | | | Closed | | | | 6-8:30 PM |
| | | | | | Lap Swim | | | | | | | | Lap Swim | | | | Reg. Required See Below | | | | Closed | | | | | | | | |
| >>To register for open kayak please visit ymcawnc.org/programs-search << | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|----------|----------------------|-----------|-----------|
| 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 Aquatics Manager of Lifeguards and Safety Shay Lavery: Shay.Lavery@ymcawnc.org **We are hiring lifeguards!! Apply today!!**

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