



September 1st -14th Pool Schedule

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

Asheville YMCA

Close at 1pm
9/1!!!

Enjoy your Labor
Day!!

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																													Ind	Lap Swim			7-8 AM			
8-9 AM																					8-9 AM															
9-10 AM	Hydro Burn			Hydro Burn			Cardio Splash			Hydro Burn			Deep Water Fitness			Swim Lessons 9:15-12:40p				9-10 AM																
10-11 AM																				10-11 AM																
11-12 PM	Fluid Movement			Cardio Splash			Cardio Splash			Cardio Splash			Open Swim			Swim Lessons 9:15-12:40p				11-12 PM																
12-1 PM																				12-1 PM																
1-2 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.	Lap Swim 12:40p-1:50p		Family Swim 12:50p-4p		PL	Family Swim						1-2 PM							
2-3 PM																									Hydro Burn			Hydro Burn			Hydro Burn			Family Swim 12:50p-4p		
3-4 PM																						Family Swim														
4-5 PM	NLR	PL	Family Swim		Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Family Swim			PL	Family Swim		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	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		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 Until 4:00p				Lap Swim Until 6				Lap Swim Until 4:00p				Lap Swim Until 6				Lap Swim Until 4:00p				Lap Swim 7:30a-6:30p				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	4-6:30 pm Swim Team				6-7:30 Swim team				Lap Swim Water Polo 7:30p-8:30p				6-7:30 Swim				Open Kayak 5:30p-7:15p Reg. Required See Below				Closed				Closed				2-4 PM							
4-6 PM																													4-6 PM							
6-8:30 PM																													6-8:30 PM							
>>To register for open kayak please visit ymcawnc.org/programs-search <<																																				

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

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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!!

