



September 6th -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																					Ind.	Lap Swim							7-8 AM												
8-9 AM																													8-9 AM												
9-10 AM	Hydro Burn			Hydro Burn			Cardio Splash			Hydro Burn			Cardio Splash			Deep Water Fitness			Swim Lessons 8:20-12:10p				9-10 AM																		
10-11 AM																							Fluid Movement						Cardio Splash			Cardio Splash			Cardio Splash			Fluid Movement			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																							Hydro Burn						Family Swim			Hydro Burn			Family Swim			Family Swim 3:10p-6:30p			Family Swim 1p-3p
2-3 PM																										2-3 PM															
3-4 PM	NLR	PL	Family Swim		Swim Lessons (Only) 4p-6:35p			Family Swim			NLR	Family Swim		Family Swim 3:10p-6:30p			PL	Family Swim 3:10p-6:30p		Ind. Ex.	Lap Swim 4:10-6:30p		Lap Swim 3:10p-4:30p		3-4 PM																
4-5 PM																									4-5 PM																
5-6 PM																									5-6 PM																
6-7 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		Ind.	Lap Swim		Closed				6-7 PM																		
7-8:30 PM																			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				Closed				Closed				6-8 AM												
8-10 AM																					8-10 AM																				
10-12 PM																					10-12 PM																				
12-2 PM																					Lap Swim 7:30a-6:30p								12-2 PM												
2-4 PM	4-6:30 pm Swim Team				PL				4-6:30 pm Swim Team				6-7:30 Swim				4-5:30 Swim Team				Lap Swim								2-4 PM												
4-6 PM																													4-6 PM												
6-8:30 PM					6-7:30 Swim team												Open Kayak 5:30p-7:15p												6-8:30 PM												
	Lap Swim				Lap Swim				Lap Swim Water Polo 7:30p-8:30p				Lap Swim				Reg. Required See Below				Closed								Closed												
>>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 Aquatics Manager of Lifeguards and Safety
Shay Lavery: Shay.Lavery@ymcawnc.org

We are hiring lifeguards!! Apply today!!

