



September 18th -30th 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			Hydro Burn			Hydro Burn			Deep Water Fitness			Swim Lessons 8:20-12:10p				9-10 AM									
10-11 AM																				Cardio Splash			Cardio Splash						Cardio Splash
11-12 PM	Fluid Movement			Fluid Movement			Fluid Movement			Fluid Movement			11-12 PM																
12-1 PM													Ind. Ex.	Lap Swim 11:15-2:20p			Ind. Ex.	Lap Swim			Independent Exercise	Lap Swim 11:10a-3:50p			Ind. Ex.	Lap Swim 12:40p-1:50p			Family Swim 12:20p-4p
1-2 PM	1-2 PM																												
2-3 PM	Hydro Burn			Family Swim			Hydro Burn			Family Swim			Independent Exercise			Lap Swim 11:10a-3:50p			Hydro Burn			Family Swim 12:20p-4p			Family Swim 1p-3p	Private lessons	2-3 PM		
3-4 PM																											Family Swim 3p-6:20p		
4-5 PM	4-5 PM																												
5-6 PM	PL	Lap Swim 6:30p-8:30p			Ind.	Lap Swim 6:30p-8:30p			Ind.	Lap Swim			Ind.	Lap Swim			Ind.	Lap Swim			Closed				5-6 PM				
6-7 PM																					6-7 PM								
7-8:30 PM																					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																					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 7:30a-6:30p			Lap Swim			2-4 PM								
4-6 PM																					4-6 PM								
6-8:30 PM					Lap Swim							6-7:30 Swim team									Lap Swim Water Polo 7:30p-8:30p			Lap Swim			Open Kayak 5:30p-7:15p Reg. Required See Below		
>>To register for open kayak please visit ymcawnc.org/programs-search <<																													

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!!