



Pool Schedule November

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

No swim team practice 7th, 10th, 27th or 28th!
Happy Swimming!

Asheville YMCA

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	Lane																																										
6-7 AM	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			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				Open Swim	Hydro Burn				Hydro Burn				Deep Water Fitness						Swim Lessons 8:20-12:10p						9-10 AM																																								
10-11 AM	Hydro Burn				Cardio Splash					Hydro Burn				Cardio Splash				Cardio Splash												10-11 AM																																								
11-12 PM	Fluid Movement				Lap Swim 11:15a-1:50p					Fluid Movement				Cardio Splash				Fluid Movement												11-12 PM																																								
12-1 PM	Ind. Ex.	Lap Swim 11:40a-1:50p							Ind. Ex.	Lap Swim 11:15a-1:50p			Ind. Ex.	Lap Swim 12:40p-1:50p			Family Swim 12:20p-4p						12-1 PM																																															
1-2 PM																							1-2 PM																																															
2-3 PM	Hydro Burn				Deep water fitness				Hydro Burn				Deep water Fitness				Hydro Burn								Family Swim 1p- 2:50p			2-3 PM																																										
3-4 PM	Family Swim 3p-4p				Family Swim 3p-6:20p				Family Swim 3p-4p				Family Swim 3p-6:20p				Family Swim 3:10p-6:30p								Lap Swim 3p-4:30p			3-4 PM																																										
4-5 PM	Swim Lessons (Only) 4p-6:30p								Swim Lessons (Only) 4p-6:30p																Ind. Ex.	Lap Swim 4:10-6:30p			4-5 PM																																									
5-6 PM	Lap Swim																											5-6 PM																																										
6-7 PM																												6-7 PM																																										
7-8:30 PM	Ind	Lap Swim							Ind.								Lap	Swim Team Lap Swim	Ind	Lap Swim			Ind.	Lap	Swim Team Lap Swim	Closed				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	Lane
6-8 AM	Lap Swim Until 4:00p				Lap Swim Until 4:00p				Lap Swim Until 4:00p				Lap Swim Until 4:00p				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	4-6pm Swim Team				1 lap lane	Swim Team			4-6pm Swim Team				1 lap lane	Swim Team			4-5:30 Swim Team				Lap Swim				Lap Swim			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	

For Questions contact Aquatics Manager - Programing Jeri Martin jmartin@ymcawnc.org

For lifeguarding, safety, and lifeguard job applications, contact Association Aquatics Director

Ben Watson: bwatson@ymcawnc.org



**BE A LEADER
BE A LIFEGUARD**

GUARD

NOW HIRING LIFEGUARDS

**Help people stay safe and confident
around water as a YMCA lifeguard!**

Lifeguard certification courses provided by the Y.



**Scan to find current
job opportunities here.**

**Scan to find lifeguard
courses here.**



ymcawnc.org