



Pool Schedule Oct 13 - Oct 19

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

**Lap Swim
only in lap
lanes,
Please!**

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

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	Lane				
6-8 AM	Lap Swim Until 4p				Lap Swim Until 4p				Lap Swim Until 4p				Lap Swim Until 4p				Closed				Closed				6-8 AM				
8-10 AM																	8-10 Swim Team								8-10 AM				
10-12 PM																	LG Class 9am-12pm								10-12 PM				
12-2 PM																									12-2 PM				
2-4 PM	4-6pm Swim Team				Swim Team 4p- 7:30p				4-6pm Swim Team				Lap Swim				Lap 1- 2:45		LG Class		2-4 PM								
4-6 PM																	Closed		4-6 PM										
6-8:30 PM																	Lap Swim 6p- 8:30p				Lap swim 6p- 7:30p				4p- 7:30p				Open Kayak 5:30p-7:15p
					Lap Swim				Water Polo 7:30p-8:30p				Lap Swim				Reg. Required See Below												

>>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



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GUARD

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