



Pool Schedule Oct 20 - Oct 26

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

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

Asheville YMCA

South Pool

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			Closed 6a- 7:30				Closed 6a- 7:30				Closed 6a- 7:30				Closed 6a- 7:30a				Closed				Closed				6-7 AM					
7-8 AM					Ind.				Lap Swim 7:30- 9			Open Swim			Lap Swim 7:30- 9:30			Ind.		Lap Swim 7:30- 9		Ind		Lap 7:30a- 8:30a					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				Hydro Burn				Cardio Splash				Cardio Splash								10-11 AM										
11-12 PM	Fluid Movement			Ind. Ex.				Lap Swim 11:15- 2:20p			Ind. Ex.			Lap Swim 11:40p- 1:50p			Ind. Ex.		Lap swim 11:30a- 1:50a					PL					11-12 PM					
12-1 PM																					Lap Swim 11:40a- 1:50p								Ind. Ex.				Lap Swim 11:15a - 4p	
1-2 PM	Hydro Burn			Family Swim 2:30p- 3:50p				Family Swim 3p- 4p				Ind. Ex.				Lap Swim 11:15a - 4p		Family Swim 12:20p-4p		Family Swim 1p- 4:30p				1-2 PM										
2-3 PM				Hydro Burn				Hydro Burn														Hydro Burn				Hydro Burn				2-3 PM				
3-4 PM	Family Swim 3p-6:20p			Family Swim 2:30p- 3:50p				Family Swim 3p- 4p				Ind. Ex.				Lap Swim 11:15a - 4p		PL				Family Swim 3:10p- 6:20p		Ind. Ex.		Lap Swim 4:10- 6:30p		3-4 PM						
4-5 PM				Swim Lessons (Only) 4p-6:30p				Swim Lessons (Only) 4p-6:30p												Family Swim 4p-6:30p								4-5 PM						
5-6 PM				PL			Swim Lessons (Only) 4p-6:30p				Swim Lessons (Only) 4p-6:30p									Family Swim 4p-6:30p								PL		Family Swim 3:10p- 6:20p		Ind. Ex.		Lap Swim 4:10- 6:30p
6-7 PM	Lap Swim 6:30p														Ind.				Lap Swim 6:30p					Ind. Ex.		Lap Swim 6:30p- 8:30p								
7-8:30 PM				Ind			Lap Swim 6:30p- 8:30p				Ind			Lap Swim 6:30p								Ind. Ex.						Lap Swim 6:30p- 8:30p		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 4p				Lap Swim Until 4p				Lap Swim Until 4p				Lap Swim Until 4p				Lap Swim until 11a				Closed 8-10 Swim Team				Closed				6-8 AM			
8-10 AM																	8-10 AM															
10-12 PM																	Closed 11a- 1p				10-12 PM											
12-2 PM																	Lap swim 1p-4p				Lap Swim 7:30a- 6:30p								12-2 PM			
2-4 PM	4-6pm Swim Team				Swim Team 4p- 7:30p				4-6pm Swim Team				Swim Team 4p- 7:30p				4-5:30 Swim Team				Lap Swim 1p- 4:30p				2-4 PM							
4-6 PM																	4-5:30 Swim Team								4-6 PM							
6-8:30 PM	Lap Swim 6p- 8:30p				4p- 7:30p Lap Swim				Lap swim 6p- 7:30p Water Polo 7:30p-8:30p				Closed				Open Kayak 5:30p-7:15p Reg. Required See Below				Closed				Closed				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



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Plus, FREE YMCA membership!