



Pool Schedule Oct 27 - Nov 2

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

New Water Fitness Class
T/TH at
2:00pm
Coming in
November!

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	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				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				Independent Exercise	Lap Swim 11:15-3:50p				Fluid Movement				Independent Exercise	Lap Swim 11:15a-3:50p			PL	Family Swim 12:20p-4p					11-12 PM																								
12-1 PM	Ind. Ex.	Lap Swim 11:40a-1:50p								Ind. Ex.	Lap Swim 11:40a-1:50p				Ind. Ex.	Lap Swim 11:15a-3:50p													12-1 PM																			
1-2 PM																													1-2 PM																			
2-3 PM	Hydro Burn									Hydro Burn				Hydro Burn					Hydro Burn								Lap Swim 3p-4:30p			2-3 PM																		
3-4 PM	Family Swim 3p-4p									Family Swim 3p-4p				Family Swim 3:10p-6:30p	PL													3-4 PM																				
4-5 PM	Swim Lessons (Only) 4p-6:30p				Family Swim 4p-6:20p					Swim Lessons (Only) 4p-6:30p				Family Swim 4p-6:20p								Ind. Ex.	Lap Swim 4:10-6:30p			Closed			4-5 PM																			
5-6 PM	Swim Lessons (Only) 4p-6:30p				Family Swim 4p-6:20p					Swim Lessons (Only) 4p-6:30p				Family Swim 4p-6:20p														5-6 PM																				
6-7 PM	Ind	Lap Swim			Ind.	Lap Swim Team Lap Swim			Ind	Lap Swim			Ind.	Lap Swim Team Lap Swim			Closed				Closed							6-7 PM																				
7-8:30 PM																	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 until 6:30p				Lap Swim				Closed			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