

January 18th-31st 2026 Pool Schedule ** Pool schedule is subject to change without notice due to staffing/weather **

Weeks 4 & 5 of January

Black Mountain YMCA

Time	Mond	av	Tues	lav	Wednesday Thursday			Frida		Saturday			Sunday	Time	
Lane #	Monday 1 2 3 4 5								1 2 3 4 5				1 2 3 4 5		
6-7 AM	1 2 3 4 5 Lap		Lap		Lap		Lap		Lap		Pool		1 2 3 4 3	6-7 AM	
7-8 AM	Swim		Swim		Swim		Swim		Swim		Closed			7-8 AM	
8-9 AM	Lap Swim EX.		Lap Swim EX.		Lap Swim EX.		Lap Swim EX.		Lap Swim	EX.	Lap S	Swim	Ind. Ex		8-9 AM
9-10 Am	Lanes move @ 9:50a	Ind.	Lanes move @ 9:50a	Ind.	Lanes move @ 9:50a	Ind.	Lanes move @ 9:50a	Ind.	Lanes move @ 9:50a	Ind.	Lap		ıns	Pool Closed	9-10 AM
10-11 AM	Hydro Burn deep water		Aqua Tabata		Cardio Splash		Cardio Splash		Cardio Splash		Lap Swim Fessons			10-11 AM	
11-12 PM			Lesso	ons			Lesso	ons							11-12 PM
12-1 PM	Ш	im	Ш	im	Ш	im	Ш	/im	Ш	im	ш	m			12-1 PM
1-2 PM	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Open Swim	Swim	d. Ex	wim m ercise	1-2 PM
2-3 PM	ap §	Open	ap §	Open	Q	Open	ap {	Open	ap ?	Open	Ope	Lap	In	Swim Swim ent Exerci	2-3 PM
3-4 PM	La	10	La	Op	La	Οľ	La	0	La	Οľ				Open Swim Lap Swim Independent Exercise	3-4 PM
4-5 PM	Lanes	ssons	nhas	seons	Lanes	ssons	ınhas	ssons			Desir			P	4-5 PM
5-6 PM	5:20p Aqua Ta		Pira	Le	5:20p		Pirai	im Le			SLs we will have Adult DEEP END ONLY Ind. Ex.		ave ND x.	Pool	5-6 PM
6-7 PM	5:30-6:1		-ap wim	n Swim	5:30-6:1		Lap Swim	n Swim	7		<u>NC</u> <u>A</u> (RAMP CCESS	_	1 2 3 4 5	6-7 PM
7-7:30 PM	Lap Swim	Open	Lap Swir	Open	Piranhas	Lap Swim	La Swi	Open	Closed)))			Welcome Back! Announcements:		
	Pool		Pool		Pool Closed		Pool Closed		Pool					Due to swim lessons, water exercise, and Piranhas practice, lane availability will be limited in the afternoons.	
Lane #	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2	3 4	5		
		L	ap Swir	m	Independent Exercise Swim				Lessons Open Swim						
														_	

Specialty

Safety Around Water

Swim Team

Group Ex

BLACK MOUNTAIN YMCA

25 Jane Jacobs Road Black Mountain, NC 28711 828 552 3620 • ymcawnc.org

MAX CAPACITY (Pool+ Spa): 25

Please note the schedule and lane space is subject to change at any time.

POOL HOURS

Monday - Thursday: 6 AM - 7:30 PM

Friday: 6 AM - 6:30 PM Saturday: 8 AM - 4:30 PM Sunday: 1 PM - 4:30 PM

ANSWERING THE CALL

60% of Youth

DROWNING INCIDENTS OCCUR WITHIN

OF SAFETY

www.safekids.org/sites

CHILDREN
DIE EACH
DAY AS A
RESULT OF
DROWNING

88%

OF CHILDREN
WHO DROWN
ARE UNDER

SOME FORM OF SUPERVISION

www.safekids.org/sites

Drowning is the leading cause of unintentional injury death among children aged 1-4 years and one of the top three causes among persons aged ≤29 years.

www.cdc.gov

POOL RULES

Please obey all requests made by lifeguards.

Street shoes are not allowed on the deck.

Shower before entering the pool and after the use of toilet facilities. After showering, please dry off completely when exiting the showers into the locker room area.

Cameras, cell phones, and other electronic devices are not allowed on the pool deck.

Photography on the pool deck is prohibited.

Inflatable flotation devices are not permitted; we provide Coastguard Approved Life Jackets and puddle jumpers.

Walk. Do not engage in rough play.

Please do not enter the pool if you have a communicable disease or open cut.

No glass, food, gum, tobacco, or animals are allowed on the pool deck. Proper swim attire must be worn at all times - no cotton shirts/shorts. Children not toilet-trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.

Diaper changing on the pool deck is not permitted.

SAUNA AND HOT TUB RULES

Please shower before using spa amenities.

Must be 16 years or older to use these facilities.

Swim attire must be worn-full clothing is not permitted. No street shoes.

No electronic devices are allowed in these areas.

Do not exercise in the sauna.

Persons under the influence of alcohol, tranquilizers or any drugs that cause drowsiness, or raise/lower blood pressure should not enter the spa area.

Please shower after leaving the sauna/spa if entering the pool. There is a shower on the pool deck.

Persons who behave inappropriately will be asked to leave.

There is a strict 10 minute limit on the Hot Tub; the lifeguard may ask you to get out if you have been in for too long.

Recommended time limit for Sauna is 10-15 minutes.

LAP SWIM

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim times/independent exercise for water jogging, water walking, etc. Lap swimmers should share the lanes with other members in a respectful manner. Please warn other person in lane before you start sharing

EQUIPMENT

Kickboards, pull buoys and fins are for lap swim use only.

Noodles are to be used for flotation and exercise classes only.

Approved lifejackets are available for use. Equipment should not be used to roughhouse or for horseplay.

CHILD SUPERVISION

Children Ages 0-6

An adult must be within arm's reach of the child at all times.

Children Ages 7-9

If the child passes the swim test, they may be in the pool with a responsible adult in the pool area. Otherwise a guardian must be in the pool.

Children Ages 10-12

Child must pass a swim test or wear a lifejacket and may be in the pool area without a responsible adult. If they don't pass swim test they must remain in the shallow end.

SWIM TEST

Any child under the age of 13 wishing to swim in water deeper than chest depth must pass the swim test:

- Jump into the shallow end, ducking head under water.
- Swim 25 yards on stomach without stopping.
- Tread water for 1 minute.

 Swim tests must be completed once every 3 months and are valid at all YMCAWNC pools. Recieve a swim band from the front desk the next time you come to swim after passing. The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.

 *If child does not pass swim test they must remain in shallow end.

LIFEGUARD BREAK: Our Y is a one-guard pool. Lifeguards have the ability to close the pool for 10 minutes in the event that they need a break and have no coverage. Please respect the lifeguard and obey all directions.