



# Pool Schedule Jan.1-18

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

## Asheville YMCA

### South Pool

Now Hiring!  
Guards and  
Instructors!  
[ymcawnc.org/careers](http://ymcawnc.org/careers)

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				6-7 AM				6-7 AM					
7-8 AM																												7-8 AM	
8-9 AM																												8-9 AM	
9-10 AM																												9-10 AM	
10-11 AM																												10-11 AM	
11-12 PM																												11-12 PM	
12-1 PM																												12-1 PM	
1-2 PM																												1-2 PM	
2-3 PM																												2-3 PM	
3-4 PM																												3-4 PM	
4-5 PM																												4-5 PM	
5-6 PM																												5-6 PM	
6-7 PM																												6-7 PM	
7-8:30 PM	Ind	Lap Swim		Lap	Swim Team		Ind	Lap Swim		Lap	Swim Team		Lap	Lap Swim		Close				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 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Closed				No Swim Team: <u>1/1</u> <u>1/19</u> <u>1/23</u> <u>1/26</u>				
8-10 AM																									8-10 AM				
10-12 PM	Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Lap Swim 7:15a-6:30p				10-12 PM				
12-2 PM																									12-2 PM				
2-4 PM	Swim Team 4p- 6p				4-6pm Swim Team				4-6pm Swim Team				4-6pm Swim Team				Lap Swim 1p- 4:30				Closed				2-4 PM				
4-6 PM																									4-6 PM				
6-8:30 PM	Lap Swim				Swim Team 6- 7:30				Lap swim				Swim Team 6- 7:30				Lap swim				Close at 7:30				6-8:30 PM				
8-10 PM																									6-8:30 PM				

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://ymcawnc.org/programs-search)<<

	Lap Swim		Independent Exercise		Swim Team		Open Swim
	Group Ex		Swim Lessons		Specialty		

For Questions contact Aquatics Manager - Programming [Jeri.Martin@ymcawnc.org](mailto:Jeri.Martin@ymcawnc.org)

For lifeguarding, safety, and lifeguard job applications, contact Manager of Lifeguards and Safety  
[Keith.Jobe@ymcawnc.org](mailto:Keith.Jobe@ymcawnc.org)

# Pool Rules

**Asheville YMCA**  
**30 Woodfin St**  
**Asheville, NC 28801**

**Facility Hours:**

Monday - Friday: 5:30a - 9:00p  
Saturday: 7:00a - 7:00p

Sunday: 11:00a - 6:00p

**\*POOL CLOSES 30 MINUTES  
BEFORE THE FACILITY\***

**YDC Hours:**

Mon-Sat: 8:00a - 12:00p

Mon-Thurs: 4:00p - 7:00p

Fri-Sat: 8:00a-12:00p

Sun: 1:00p-5:00p

**Youth Loung:**

Mon-Thurs: 3:30p - 7:30p

Saturdays 8:00a - 12:00p

## POOL RULES

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.**

Inflatable flotation devices are not permitted.

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.

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.

Please obey all requests made by lifeguards.

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

Street shoes are not allowed on the deck.

Photography on the pool deck is prohibited.

## 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.  
North Pool Lap Lanes 2-3 are designated for circle swim during busier times. Please ask a lifeguard for more information.

## EQUIPMENT

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

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

Life Jackets must have USCG approval. Lifeguards may ask to inspect your life jacket upon entry.

Equipment should not be used to roughhouse or for horseplay.

## OPEN/FAMILY

These times are designated for free swim time. Lap swimmers should not use these areas for lap swimming and may be asked to move to another area or pool.

Inflatable devices are not allowed in YMCA of WNC Pools

## 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.  
OPEN SWIM will not be available during swim lessons, swim team, and water fitness classes.

## SWIM TEST

Any child under the age of 13 wishing to swim in the deep end must pass the swim test or wear a lifejacket:

- Jump into the shallow end, ducking head under water.
- Swim 25 yards on front
- Tread water for 1 minute keeping ears above the water.

Swim tests must be completed every three months. The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.

## LOCKER ROOM POLICY

No one under the age of 18 should be using the adult locker rooms  
Youth 17 and under may use the appropriate locker room located in the lower lobby outside of the pool area  
Children \_\_\_\_\_ and under may be accompanied by an adult into the appropriate locker room for the adult  
Youth 7 and older should use appropriate locker room by themselves.  
Family and All-Gender locker room is available in lower lobby.