



Pool Schedule Jan.1-18

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

Now Hiring!
Guards and
Instructors!
ymcawnc.org/careers

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	Deep Water Fitness								9-10 AM																																							
10-11 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Cardio Splash				Swim Lessons 8:20-12:30p								10-11 AM																			
11-12 PM	Fluid Movement				Cardio Splash				Hydro Burn				Cardio Splash				Fluid Movement												11-12 PM																			
12-1 PM	Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:15a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:15a-1:50p			Ind. Ex.	Lap Swim 11:40p-1:50p			PL	Family Swim 12:40p-4p							12-1 PM																			
1-2 PM																													1-2 PM																			
2-3 PM	Hydro Burn				Deep water fitness				Hydro Burn				Deep water Fitness				Hydro Burn								Ind. Ex.	Family Swim 1p- 2:50p			Private Lessons	2-3 PM																		
3-4 PM	Family Swim 3p-4p				Swim Lessons 3p- 4:20p				Family Swim 3p-4p				Family Swim 3p- 6:20p				Family Swim 3:10p- 5:00p													3-4 PM																		
4-5 PM	Swim Lessons (Only) 4p-6:30p				Family Swim 4:20p-6:20p				Swim Lessons (Only) 4p-6:30p				Family Swim 3p- 6:20p				Open Kayak 5:10-7:15 Reg. Required				Ind. Ex.	Lap Swim 4:10-6:30p			Closed				4-5 PM																			
5-6 PM					Swim Team Lap Swim				Lap Swim				Swim Team Lap Swim				Close												5-6 PM																			
6-7 PM	Ind	Lap Swim			Lap	Swim Team Lap Swim			Ind	Lap Swim			Lap	Swim Team Lap Swim			Close												6-7 PM																			
7-8:30 PM																													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>				6-8 AM			
8-10 AM																					8-10 AM											
10-12 PM																					10-12 PM											
12-2 PM																					12-2 PM											
2-4 PM																					2-4 PM											
4-6 PM	Swim Team 4p- 6p								4-6pm Swim Team								4-6pm Swim Team												4-6 PM			
6-8:30 PM	Lap Swim				Swim Team 6- 7:30 Lap Swim				Lap swim 7:30p-8:30p				Swim Team 6- 7:30 Lap Swim				Lap swim Close at 7:30				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 Manager of Lifeguards and Safety
Keith Jobe kjobe@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 Lounge:

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.