



Pool Schedule January

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

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																					Cardio Splash			Cardio Splash					Cardio Splash			Cardio Splash
11-12 PM	Fluid Movement			Fluid Movement			Fluid Movement			Fluid Movement			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 11:15a-1:50p			Ind. Ex.
1-2 PM	Ind. Ex.	Lap Swim 11:40a-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 12:20p-4p						
2-3 PM																	Hydro Burn			Deep water fitness			Hydro Burn						Deep water Fitness			Hydro Burn
3-4 PM	Family Swim 3p-4p			Swim Lessons 3p- 4:20p			Family Swim 3p-4p			Family Swim 3p-6:20p			Private Lessons			Family Swim 3:10p- 5:00p										Ind. Ex.						
4-5 PM																			Swim Lessons (Only) 4p-6:30p			Family Swim 4:20p-6:20p			PL				Swim Lessons (Only) 4p-6:30p			Family Swim 3p-6:20p
5-6 PM	Swim Lessons (Only) 4p-6:30p			Family Swim 4:20p-6:20p			PL	Swim Lessons (Only) 4p-6:30p			Family Swim 3p-6:20p			PL	Open Kayak 5:10-7:15 Reg. Required			Ind. Ex.								Lap Swim 4:10-6:30p						
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North Pool

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				<u>No Swim Team:</u> <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								Closed				4-6 PM
6-8:30 PM	Lap Swim				Swim Team 6- 7:30				Lap swim				Swim Team 6- 7:30				Lap swim												6-8:30 PM
					Lap Swim				Water Polo 7:30p-8:30p				Lap Swim				Close at 7:30				Closed								

>>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.