



# 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	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Time
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	Lane #
6-7 AM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Pool Closed					6-7 AM
7-8 AM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Pool Closed					7-8 AM					7-8 AM
8-9 AM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					8-9 AM					8-9 AM
9-10 AM	Lanes move @ 9:50a					Ind. EX.					Lanes move @ 9:50a					Ind. EX.					Lanes move @ 9:50a					Ind. EX.					9-10 AM
10-11 AM	Hydro Burn deep water					Aqua Tabata					Cardio Splash					Cardio Splash					Cardio Splash					Lap Swim					10-11 AM
11-12 PM	Lap Swim					Open Swim					Lessons					Lessons					Lessons					Lessons					11-12 PM
12-1 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					12-1 PM
1-2 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					1-2 PM
2-3 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					2-3 PM
3-4 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					3-4 PM
4-5 PM	Lanes move at 5:20p					Lessons					Lanes move at 5:20p					Lessons					Lessons					Lessons					4-5 PM
5-6 PM	Aqua Tabata 5:30-6:15pm					Piranhas					Piranhas					Cardio Splash 5:30-6:15pm					Piranhas					Piranhas					5-6 PM
6-7 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					6-7 PM
7-7:30 PM	Lap Swim					Open Swim					Piranhas					Lap Swim					Open Swim					Lap Swim					7-7:30 PM
	Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					7-7:30 PM

		Lap Swim	Independent Exercise	Swim Lessons	Open Swim
		Group Ex	Swim Team	Specialty	Safety Around Water

Contact Aquatics Director Helen Barnfather with any questions: hbarnfather@ymcawnc.org

During Group SLs we will have  
Adult DEEP END  
ONLY Ind. Ex.  
NO RAMP  
ACCESS

Welcome Back!

### Announcements:

Due to swim lessons, water exercise, and Piranhas practice, lane availability will be limited in the afternoons.

## BLACK MOUNTAIN YMCA

25 Jane Jacobs Road  
Black Mountain, NC 28711  
828 552 3620 • [ymcawnc.org](http://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  
OCUR WITHIN  
**10 FT.**  
OF SAFETY

[www.safekids.org/sites](http://www.safekids.org/sites)

**2**  
CHILDREN  
DIE EACH  
DAY AS A  
RESULT OF  
DROWNING



[www.cdc.gov/injury/wisqars/](http://www.cdc.gov/injury/wisqars/)

**88%**  
OF CHILDREN  
WHO DROWN  
ARE UNDER  
**SOME FORM OF  
SUPERVISION**

[www.safekids.org/sites](http://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.**

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[www.cdc.gov](http://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.

## 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.