



Pool Schedule February 23- March 1

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

Check out our
new Sunday
hours!

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				Open at 9:30a!	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			Hydro Burn			Hydro Burn			Deep Water Fitness			Swim Lessons 8:20-12:30p				Family Swim 9:30a- 1:50p	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			11-12 PM																	
12-1 PM													Ind. Ex.	Lap Swim 11:40a- 1:50p		PL	Ind.ex.	Lap Swim 11:15a- 1:50p			Ind. Ex.	Lap Swim 11:15a- 1:50p		Ind. Ex.	Lap Swim 11:40p- 1:50p		PL	Family swim		PL
1-2 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.	Lap Swim 11:40p- 1:50p																			
2-3 PM													Hydro Burn			Deep water fitness			Hydro Burn			Deep water Fitness			Hydro Burn			Swim instructor course 1p-6p		
3-4 PM	Family Swim 3p-4p			Family Swim 3p-4p			Family swim 3p-4p			PL	Family Swim 3:10p- 6:20p																			
4-5 PM														Swim Lessons (Only) 4p-6:45p			Swim Lessons (Only) 4:00p-5:15p			Swim Lessons (Only) 4p-6:45p			Family Swim 3:10p- 6:20p			Private lessons				
5-6 PM	5-6 PM																													
6-7 PM	6-7 PM																													
7-8:30 PM	Ind	Lap Swim			Lap	Swim Team Lap Swim			Ind	Lap Swim			Lap	Swim Team Lap Swim			Swim instructor course 5:30-7p	Lap swim 5:40- 7:30		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 6a - 5:00p				Closed				Open at 9:30a!				6-8 AM
8-10 AM																													8-10 AM
10-12 PM																													10-12 PM
12-2 PM																													12-2 PM
2-4 PM																					Swim Team 4p- 6:15p				Swim Team 4p- 6:15p				Swim Team 6- 7:30
4-6 PM	4-6 PM																												
6-8:30 PM	6-8:30 PM																												
	Lap swim				Lap Swim				Lap swim				Lap Swim				Close at 7:30												

>>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



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BE A LIFEGUARD**

GUARD

NOW HIRING LIFEGUARDS

**Help people stay safe and confident
around water as a YMCA lifeguard!**

Lifeguard certification courses provided by the Y.



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job opportunities here.**

**Scan to find lifeguard
courses here.**



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