



# Pool Schedule March 9-15

*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	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	
6-7 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:20a			Closed				Open at 9:30a!				6-7 AM				
7-8 AM	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Open Swim				Ind. Ex.	Lap Swim 6a-8:50a			Ind.	Lap Swim							7-8 AM				
8-9 AM	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Open Swim				Ind. Ex.	Lap Swim 6a-8:50a			Deep Water Fitness								8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Swim Lessons 8:20-12:30p								9-10 AM				
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash								10-11 AM				
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				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 11:40a-1:50p			Ind. Ex.	Lap Swim 11:15a-1:50p			Ind. Ex.	Lap Swim 11:40p-1:50p		PL	Family swim 12:30 - 3:50p		PL		Family Swim 9:30a-2:50p				12-1 PM
1-2 PM	Ind. Ex.	Lap Swim 11:40a-1:50p		PL	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 12:30 - 3:50p		PL		Private Lessons		1-2 PM		
2-3 PM	Hydro Burn				Deep water fitness				Hydro Burn				Deep water Fitness				Hydro Burn								2-3 PM				
3-4 PM	Family Swim 3p-4p				Family Swim 3p-4p				Family swim 3p-4p		PL	Family Swim 3:10p-6:20p			Private lessons		Family Swim 3p-5p				Ind. Ex.	Lap swim		Private Lessons		3-4 PM			
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		Family Swim 3p-5p				Ind. Ex.	Lap swim 4p-6:30p				4-5 PM			
5-6 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		Family Swim 3p-5p				Ind. Ex.	Lap swim 4p-6:30p				5-6 PM			
6-7 PM	Ind.	Lap Swim			Lap	Swim Team Lap Swim			Ind.	Lap Swim			Lap	Swim Team Lap Swim			Open Kayak 5:10 - 7:15p				Closed				6-7 PM				
7-8:30 PM	Ind.	Lap Swim			Lap	Swim Team Lap Swim			Ind.	Lap Swim			Lap	Swim Team Lap Swim			Close				Closed				7-8:30 PM				

### North Pool

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	
6-8 AM	Lap Swim				Closed				Open at 9:30a!				6-8 AM																
8-10 AM	Lap Swim				8-10 AM																								
10-12 PM	Lap Swim				10-12 PM																								
12-2 PM	Lap Swim				12-2 PM																								
2-4 PM	Lap Swim				2-4 PM																								
4-6 PM	Swim Team 4p- 6:15p				4-6 PM																								
6-8:30 PM	Lap swim				Swim Team 6- 7:30				Lap swim				Swim Team 6- 7:30				Swim Team 6- 7:30				Close at 7:30				Closed				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 - Programing Jeri Martin [jmartin@ymcawnc.org](mailto:jmartin@ymcawnc.org)

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



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BE A LIFEGUARD**

**GUARD**

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