



# 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. Ex.	Lap Swim 6a-8:20a			Ind.	Lap Swim			Open at 9:30a!				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			Ind. Ex.	Lap Swim 6a-8:20a			Ind.	Lap Swim			Open at 9:30a!				8-9 AM
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Swim Lessons 8:20-12:30p				Open at 9:30a!				9-10 AM
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons 8:20-12:30p				Open at 9:30a!				10-11 AM
11-12 PM	Fluid Movement				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons 8:20-12:30p				Open at 9:30a!				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				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				Family Swim 9:30a-2:50p				1-2 PM
2-3 PM	Hydro Burn				Deep water fitness				Hydro Burn				Deep water Fitness				Hydro Burn				Family swim 12:30 - 3:50p				Family Swim 9:30a-2:50p				2-3 PM
3-4 PM	Family Swim 3p-4p				Family Swim 3p-4p				Family swim 3p-4p			PL	Family Swim 3p-5p				Family Swim 3p-5p				Family swim 12:30 - 3:50p				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			PL	Family Swim 3:10p-6:20p				Family Swim 3p-5p				Family swim 12:30 - 3:50p				Ind. Ex.	Lap swim 4p-6:30p		Private Lessons	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			PL	Family Swim 3:10p-6:20p				Family Swim 3p-5p				Family swim 12:30 - 3:50p				Ind. Ex.	Lap swim 4p-6:30p		Private Lessons	5-6 PM
6-7 PM	Ind.	Lap Swim			Lap 5:15-6:30	Swim Team			Ind.	Lap Swim			Lap	Swim Team			Open Kayak 5:10 - 7:15p				Family swim 12:30 - 3:50p				Pool may close for up to ten minutes at Lane change times				6-7 PM
7-8:30 PM	Ind.	Lap Swim			Lap	Swim Team			Ind.	Lap Swim			Lap	Swim Team			Close				Closed				Pool may close for up to ten minutes at Lane change times				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				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Open at 9:30a!				6-8 AM
8-10 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Open at 9:30a!				8-10 AM
10-12 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lap Swim				10-12 PM
12-2 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lap Swim				12-2 PM
2-4 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lap Swim				2-4 PM
4-6 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lap Swim				4-6 PM
6-8:30 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lap Swim				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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