



Pool Schedule March 16-22

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	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4		Lane 1	2
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	Lap Swim 6a-9:20a			Lap Swim 6a-8:50a			Open Swim	Lap Swim 6a-8:50a			Deep Water Fitness			Ind.	Lap Swim			9-10 AM													
8-9 AM	Hydro Burn			Hydro Burn			Hydro Burn			Hydro Burn			Cardio Splash			Swim Lessons 8:20-12:30p				9-10 AM											
9-10 AM	Fluid Movement			Cardio Splash			Fluid Movement			Cardio Splash			Fluid Movement							10-11 AM											
10-11 AM	Ind. Ex.	Lap Swim	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	PL	Family Swim 9:30a-2:50p				10-11 AM								
11-12 PM	Lap Swim 11:40a-1:50p			Lap Swim 11:40a-1:50p			Lap Swim 11:40a-1:50p			Lap Swim 11:40p-1:50p			Family swim 12:30 - 3:50p			11-12 PM															
12-1 PM	Hydro Burn			Deep water fitness			Hydro Burn			Deep water Fitness			Hydro Burn			Private Lessons				12-1 PM											
1-2 PM	Family Swim 3p-4p			Family Swim 3p-4p			Family swim 3p-4p			Family Swim 3p-5p			Family Swim 12:30 - 3:50p							2-3 PM											
2-3 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			Open Kayak 5:10 - 7:15p			Pool may close for up to ten minutes at Lane change times				2-3 PM											
3-4 PM	Lap swim 4p-6:30p			Lap swim 4p-6:30p			Lap swim 4p-6:30p			Private lessons			Lap swim 4p-6:30p							3-4 PM											
4-5 PM	Ind.	Lap Swim			Lap	Swim Team Lap Swim			Ind.	Lap Swim			Lap	Swim Team Lap Swim			Closed				4-5 PM										
5-6 PM	Lap Swim			Lap Swim			Lap Swim			Lap Swim			Lap Swim			Closed				5-6 PM											
6-7 PM	Lap Swim			Lap Swim			Lap Swim			Lap Swim			Lap Swim			Closed				6-7 PM											
7-8:30 PM	Lap Swim			Lap Swim			Lap Swim			Lap Swim			Lap Swim			Closed				7-8:30 PM											

North Pool

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time		
	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4	Lane 1	2	3	4		Lane 1	2
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								8-10 AM		
10-12 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lifeguard class				10-12 PM		
12-2 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lifeguard Class				12-2 PM		
2-4 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lifeguard Class				2-4 PM		
4-6 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lifeguard Class				4-6 PM		
6-8:30 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap swim				Lifeguard Class				6-8:30 PM		

>>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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