



Pool Schedule April 20-26

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

Come enjoy our Adopt-a-Duck and Duckie Derby!

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	3
6-7 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim			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			Ind. Ex.	Lap Swim 6a-9:20a			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 8:50-1:00p				Open at 9:30a!				9-10 AM			
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons 8:50-1:00p				Open at 9:30a!				10-11 AM			
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Fluid Movement				Swim Lessons 8:50-1:00p				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	Swim Lessons 8:50-1:00p				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	Ducky Derby!		PL	Swim Lessons 8:50-1:00p				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 2p-4p				Family Swim 9:30a-2:50p				2-3 PM			
3-4 PM	Family swim 3p-4p		PL	Family Swim 3p-4p				PL	Family swim 3p-4p		PL	Family swim 3p-4p		PL	Family swim 3p-4p		PL	Family Swim 3p-5p				Family Swim 2p-4p				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				Ind. Ex.	Private swim lessons			Family Swim 3p-5p				Ind. Ex.	Lap swim 4p-6:30p			Pool may close for up to ten minutes at Lane change times				4-5 PM			
5-6 PM	Swim Lessons (Only) 4p-6:45p				5:15-6:30	LG	lap		Swim Lessons (Only) 4p-6:45p				Ind. Ex.	Private swim lessons			Open Kayak 5:10 - 7:15p				Ind. Ex.	Lap swim 4p-6:30p			Pool may close for up to ten minutes at Lane change times				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				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 Lap Swim			Ind.	Lap Swim			Lap	Swim Team Lap Swim			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	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	3	4
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 - 7:30p				Closed				Open at 9:30a!				6-8 AM				
8-10 AM	Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim 6a - 7:30p				Lap swim 7:15p-6:30p				Lap Swim 9:30a- 4:30				8-10 AM				
10-12 PM	Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim 6a - 7:30p				Lap swim 7:15p-6:30p				Lap Swim 9:30a- 4:30				10-12 PM				
12-2 PM	Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim 6a - 7:30p				Lap swim 7:15p-6:30p				Lap Swim 9:30a- 4:30				12-2 PM				
2-4 PM	Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim Until 4:00p				Lap Swim Until 6:00p				Lap Swim 6a - 7:30p				Lap swim 7:15p-6:30p				Lap Swim 9:30a- 4:30				2-4 PM				
4-6 PM	Swim Team 4p- 6:15p				Swim Team 4p- 6:15p				Swim Team 4p- 6:15p				Swim Team 4p- 6:15p				Swim Team 6- 7:30				Swim Team 4p- 6:15p				Closed at 4:30pm				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				Closed at 4:30pm				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

Changing Lives

One safety skill at a time

ADOPT-A-DUCK
They're waiting for you...

APRIL 21 • ASHEVILLE YMCA

ADOPT A RUBBER DUCK FOR \$13

- ✓ Fully trained in floating
- ✓ Low maintenance
- ✓ Exceptionally loyal

THE GREAT DUCK DERBY
Train hard. Float fast. One duck will rise...

APRIL 24 • ASHEVILLE YMCA

FREE WEEK OF SWIM LESSONS



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING SKILLS THAT SAVE LIVES

2 KIDS DIE EVERY DAY FROM DROWNING¹

DROWNING IS THE 2ND LEADING CAUSE OF DEATH FOR KIDS AGES 5-14²

IN SAFETY AROUND WATER PROGRAM PILOTS, IMPROVEMENT WAS SEEN IN EVERY SKILL TESTED⁵



88%

OF KIDS WHO DROWN DO SO UNDER ADULT SUPERVISION³



MORE THAN **1** MILLION KIDS TAKE SWIM LESSONS AT THE Y EVERY YEAR*



60%

OF KIDS WHO DROWN ARE WITHIN 10 FEET OF SAFETY⁴



THE Y ENGAGES **9** MILLION KIDS EACH YEAR

DROWNING IS PREVENTABLE

THE Y IS IN **10,000** NEIGHBORHOODS

