



June 29-July 5

Pool schedule is subject to change without notice

Asheville YMCA

**Lap Swim
only in lap
lanes, Please!**

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	1	2	3	4	Lane
6-7 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 6a-8:50			Ind. Ex.	Lap Swim 6-9:20			Ind. Ex.	Lap Swim 6a- 8:50			Lap Swim 6a-8:20				Closed				Closed				6-7 AM				
7-8 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 6a-8:50			Ind. Ex.	Lap Swim 6-9:20			Ind. Ex.	Lap Swim 6a- 8:50			Lap Swim 6a-8:20				Ind.	Lap Swim			Closed				7-8 AM				
8-9 AM	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50			Open Swim	Lap Swim 6-9:20			Ind. Ex.	Lap Swim 6a- 8:50			Lap Swim 6a-8:20				Ind.	Lap Swim			Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Family Swim 9a-12:30p				Closed				9-10 AM				
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Aqua Zumba				Cardio Splash				Family Swim 9a-12:30p				Lap Swim 9:30a-12:50p				10-11 AM				
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Aqua Zumba				Fluid Movement				Family Swim 9a-12:30p				Lap Swim 9:30a-12:50p				11-12 PM				
12-1 PM	Ind.	Lap Swim			Ind. Ex.	Lap Swim 11:15-2:20p			Horizons Day Camp				Ind. Ex.	Lap Swim 11:15-2:20p			PreK Camp	Lap Swim			Closed				Lap Swim 9:30a-12:50p				12-1 PM				
1-2 PM	Ind.	Lap Swim			Ind. Ex.	Lap Swim 11:15-2:20p			Horizons Day Camp				Ind. Ex.	Lap Swim 11:15-2:20p			11:40a-2:20p				Closed				Family Swim 1p- 4:30p				1-2 PM				
2-3 PM	Hydro Burn				Hydro Burn				Ind. Ex.				Hydro Burn				Hydro Burn				Closed				Family Swim 1p- 4:30p				2-3 PM				
3-4 PM	Swim Lessons 3:20- 6:30p				Family Swim 3:20- 6:30p				Family Swim 3:20- 6:30p				Ind. Ex.	Private swim Lesson			Family Swim 3:20- 6:30p				Closed				Closed				3-4 PM				
4-5 PM	Swim Lessons 3:20- 6:30p				Family Swim 3:20- 6:30p				Family Swim 3:20- 6:30p				Ind. Ex.	Private swim Lesson			Family Swim 3:20- 6:30p				Closed				Closed				4-5 PM				
5-6 PM	Swim Lessons 3:20- 6:30p				Family Swim 3:20- 6:30p				Family Swim 3:20- 6:30p				Ind. Ex.	Private swim Lesson			Family Swim 3:20- 6:30p				Closed				Closed				5-6 PM				
6-7 PM	Ind.	Lap Swim			Ind.	Lap Swim			Ind.	Lap Swim			Ind.	Lap Swim			Lap Swim				Closed				Closed				6-7 PM				
7-8:30 PM	Ind.	Lap Swim			Ind.	Lap Swim			Ind.	Lap Swim			Ind.	Lap Swim			Lap Swim				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	1	2	3	4	Lane
6-8 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Closed				6-8 AM				
8-10 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim 7:30-12:30				Closed				8-10 AM				
10-12 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim 7:30-12:30				Lap Swim 9:30p-4:30p				10-12 PM				
12-2 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim Close at 8:30				Closed				Lap Swim 9:30p-4:30p				12-2 PM				
2-4 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim Close at 8:30				Closed				Lap Swim 9:30p-4:30p				2-4 PM				
4-6 PM	Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				Closed				Closed				4-6 PM				
6-8:30 PM	Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				Reg. Required See Below				Closed				6-8:30 PM				

>>To register for open kayak please visit ymcawnc.org/programs-search<<

Blue	Lap Swim	Green	Independent Exercise	Dark Blue	Swim Team	Pink	Open Swim
Light Green	Group Ex	Purple	Swim Lessons	Yellow	Specialty		

For Questions contact Aquatics Manager - Programing Jeri Martin jmartin@ymcawnc.org

For lifeguarding, safety, and lifeguard job applications, contact Association Aquatics Director
Ben Watson: bwatson@ymcawnc.org



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Training provided
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