



# July 1st-July 31st Pool Schedule

## Hendersonville Family YMCA

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday					Time																				
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #															
5:30-6 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Closed					Closed					5:30-6 AM										
6-7 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Closed					Closed					6-7 AM					
7-8 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Closed					Closed					7-8 AM					
8-9 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Closed					Closed					8-9 AM					
9-10 AM	Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Swim Lessons					Closed					9-10 AM										
10-11 AM	Cardio Splash					Aqua Tabata					Cardio Splash					Hydro Burn					Cardio Splash					Cardio Splash					Swim Lessons					Closed					Closed					10-11 AM										
11-12 PM	Fluid Movement					Open Swim					Fluid Movement					Open Swim					Fluid Movement					Fluid Movement					Swim Lessons					Ind. Ex.					Lap Swim					11-12 PM										
12-1 PM	Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Ind. Ex.					Lap Swim					12-1 PM					
1-2 PM	Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Hydro Burn					Hydro Burn					1-2 PM					
2-3 PM	Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					2-3 PM					
3-4 PM	Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					3-4 PM					
4-5 PM	Swim Lesons					Ind. Ex.					Lap					Piranhas					Ind. Ex.					Lap					Piranhas					Open Swim					Piranhas					Closed					Closed					4-5 PM
5-6 PM	Swim Lesons					Ind. Ex.					Lap					Piranhas					Ind. Ex.					Lap					Piranhas					Open Swim					Piranhas					Closed					Closed					5-6 PM
6-7 PM	Ind. Ex.					Piranhas					Hydro Burn					Ind. Ex.					Piranhas					Ind. Ex.					Hydro Burn					Lap Swim					Lap Swim					Closed					Closed					6-7 PM
7-8 PM	Ind. Ex.					Piranhas					Open Swim					Lap Swim					Ind. Ex.					Piranhas					Ind. Ex.					Lap Swim					Lap Swim					Closed					Closed					7-8 PM
8-9 PM	Ind. Ex.					Laps					Open Swim					Lap Swim					Ind. Ex.					Lap					Ind. Ex.					Lap Swim					Lap Swim					Closed					Closed					8-9 PM
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #										
	Lap Swim					Independent Exercise					Swim Lessons					Open Swim																																								
	Group Ex					Swim Team					Seasonal Program																																													

Look at the back page under "UPDATES" to see one off changes to the schedule throughout the month!

HENDERSONVILLE  
FAMILY YMCA

810 6th Ave. W  
Hendersonville, NC 28739  
828 697 9622 • ymcawnc.org

MAX CAPACITY: 25  
Please note the schedule and lane space is  
subject to change at any time.

POOL HOURS:

Mon-Thurs 5:30 a.m. - 8:30 p.m.  
Friday 5:30 a.m. - 7:30 p.m.  
Saturday 7 a.m. - 4:30 p.m.  
Sunday 11 a.m. - 4:30 p.m.

UPDATES:

We don't have any group swim lessons from  
July 1-4th.

# NOW HIRING LIFEGUARDS

## Help people stay safe and confident around water as a YMCA lifeguard!

Lifeguard certification courses provided by the Y.



Scan to find current  
job opportunities here.

Scan to find lifeguard  
courses here.



[ymcawnc.org](http://ymcawnc.org)

## POOL RULES

Shower before entering the pool and after the use of toilet facilities.  
**After showering, please dry off completely when exiting the showers into the locker room area.**  
Inflatable flotation devices are not permitted.  
Walk. Do not engage in rough play.  
Please do not enter the pool if you have a communicable disease or open cut.  
No glass, food, gum, tobacco, or animals are allowed on the pool deck.  
Proper swim attire must be worn at all times.  
Children not toilet-trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.  
Diaper changing on the pool deck is not permitted.  
Please obey all requests made by lifeguards.  
Cameras, cell phones, and other electronic devices are not allowed on the pool deck.  
Street shoes are not allowed on the deck.  
Photography on the pool deck is prohibited.

## LAP LANES

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim times/independent exercise for water jogging, water walking, etc. Lap swimmers should share the lanes with other members in a respectful manner.

## EQUIPMENT

Kickboards, pull buoys and fins are for lap swim use only.  
Noodles are to be used for flotation and exercise classes only.  
Approved lifejackets are available for use.  
Equipment should not be used to roughhouse or for horseplay.

## CHILD SUPERVISION

Children Ages 0–6  
An adult must be within arm's reach of the child at all times.  
Children Ages 7–9  
If the child passes the swim test, they may be in the pool with a responsible adult in the pool area. Otherwise a guardian must be in the pool.  
Children Ages 10–12  
Child must pass a swim test or wear a lifejacket and may be in the pool area without a responsible adult.  
OPEN SWIM will not be available during swim lessons, swim team, and water fitness classes.

## SAUNA AND HOT TUB RULES

Please shower before using spa amenities.  
Must be 16 years or older to use these facilities.  
Swim attire must be worn- full clothing is not permitted.  
No electronic devices are allowed in these areas.  
Do not exercise in the sauna.  
Persons under the influence of alcohol, tranquilizers or any drugs that cause drowsiness, or raise/lower blood pressure should not enter the spa area.  
Please shower after leaving the sauna/spa if entering the pool.  
There is a shower on the pool deck.  
Persons who behave inappropriately will be asked to leave.  
There is a strict 10 minute limit on the Hot Tub. Maximum of two people may use at one time.  
Recommended time limit for Sauna is 10-15 minutes. Maximum of four people may use at one time.

## SWIM TEST

Any child under the age of 13 wishing to swim **in water deeper than chest depth** must pass the swim test or wear a lifejacket:  
- Jump into the shallow end, ducking head under water.  
- Swim 25 yards.  
- Tread water for 1 minute.  
Swim tests must be completed every visit. The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.