



Aug 3-9

**** Pool schedule is subject to change without notice****

Asheville YMCA

Independent
Exercise 18+

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	Lane			
6-7 AM	Ind. Ex.	Lap Swim 6a- 8:20a			Ind. Ex.	Lap Swim 6a-8:50			Ind. Ex.	Lap Swim 6a- 8:20a			Ind. Ex.	Lap Swim 6a- 8:50			Lap Swim 6a-8:20				Closed				Closed				6-7 AM			
7-8 AM																					Ind.	Lap Swim							7-8 AM			
8-9 AM																													Homeschool Swim			Deep Water Fitness
9-10 AM	Hydro Burn			Hydro Burn				Hydro Burn				Cardio Splash				Swim Lessons 8:50-1p				Ind. Ex	Lap Swim 9:30a- 11:50p			9-10 AM								
10-11 AM	Hydro Burn			Cardio Splash				Aqua Zumba				Fluid Movement												10-11 AM								
11-12 PM	Fluid Movement			Fluid Movement				Fluid Movement				Fluid Movement												11-12 PM								
12-1 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 11:15- 2:20p			Ind. Ex.	Lap Swim 11:15- 2:20p			Ind. Ex.	Lap Swim 11:15- 2:20p			Prek camp		Lap Swim		Family Swim 1:10-4:50p				Family Swim 12p- 4:30p				12-1 PM			
1-2 PM																	Ind.	Lap Swim											1-2 PM			
2-3 PM	Hydro Burn			Deep water fitness				Family Swim 2- 3:10				Deep water fitness				Hydro Burn				2-3 PM												
3-4 PM	Ind. Ex.			Ind. Ex.				Swim Lessons (Only) 3:20p-6:30p				Ind. Ex. 18+				Private swim Lesson				Family Swim 3- 7:30p				Family Swim 1:10-4:50p				Mon-Wed Deep end available 3:20-4 Ind. Ex.				3-4 PM
4-5 PM	Swim Lessons (Only) 3:20p-6:30p			Swim Lessons (Only) 3:20p-6:30p																												Swim Lessons (Only) 3:20p-6:30p
5-6 PM	Swim Lessons (Only) 3:20p-6:30p			Swim Lessons (Only) 3:20p-6:30p				Swim Lessons (Only) 3:20p-6:30p				Swim Lessons (Only) 3:20p-6:30p				Ind. Ex. 18+																Private swim Lesson
6-7 PM	Ind	Lap Swim			Ind.	Lap Swim			Ind	Lap Swim			Ind.	Lap Swim			Closed				Ind.	Lap Swim 5- 6:30p			Closed				6-7 PM			
7-8:30 PM																													Lap Swim			Lap Swim

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	Lane
6-8 AM	Lap Swim				SL Lap Swim				Lap Swim				Lap Swim				Lap Swim Close at 8:30				Closed				Closed				6-8 AM
8-10 AM																					SL				Closed				8-10 AM
10-12 PM																					Lap Swim				Lap Swim 9:30p-4:30p				10-12 PM
12-2 PM																													12-2 PM
2-4 PM	Swim Team				Swim Team				Swim Team				Swim Team				Reg. Required See Below				Closed				Closed				2-4 PM
4-6 PM																													4-6 PM
6-8:30 PM	Water Polo 7:30p-8:30p				Water Polo 7:30p-8:30p				Water Polo 7:30p-8:30p				Water Polo 7:30p-8:30p				Reg. Required See Below				Closed				Closed				6-8:30 PM

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

Lap Swim	Ind. Ex. 18+ only	Swim Team	Open Swim
Group Ex	Swim Lessons	Specialty	Notes

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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