



July 6-12

** Pool schedule is subject to change without notice due to staffing and weather **

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

Asheville YMCA

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 6a-9:20a			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. Ex.	Lap Swim			Closed				6-7 AM				
7-8 AM																													7-8 AM				
8-9 AM									Open Swim								Deep Water Fitness												8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Cardio Splash				Swim Lessons 8:50-1p				Lap Swim 9:30a-12:50p				9-10 AM				
10-11 AM	Fluid Movement				Cardio Splash				Fluid Movement				Aqua Zumba				Fluid Movement												10-11 AM				
11-12 PM	Ind.	Lap Swim			Ind. Ex.	Lap Swim 11:15-2:05p			Ind. Ex.				Ind. Ex.	Lap Swim 11:15-2:05p			PreK Camp				Lap Swim								11-12 PM				
12-1 PM	PreK Camp 11:40a-2:05p				PreK Camp				Horizons Day Camp				PreK Camp				PreK Camp 11:40a-2:05p								Family Swim 3:20-6:30p				Family Swim 1p-4:30p				12-1 PM
1-2 PM	Hydro Burn				Hydro Burn				Ind. Ex.				Hydro Burn				Hydro Burn																1-2 PM
2-3 PM	Swim Lessons (Only) 3:20p-6:30p				Swim Lessons (Only) 3:20p-6:30p				Swim Lessons (Only) 3:20p-6:30p				Ind. Ex.	Private swim Lesson			Family Swim 3:20-6:30p				Ind. Ex.	Lap Swim 4:10-6:30p			Closed				2-3 PM				
3-4 PM																																	3-4 PM
4-5 PM																																	4-5 PM
5-6 PM																																	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																	Closed				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				Lap Swim 9:30p-4:30p				8-10 AM				
10-12 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				10-12 PM				
12-2 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				12-2 PM				
2-4 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				2-4 PM				
4-6 PM	Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				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				Water Polo 7:30p-8:30p				Water Polo 7:30p-8:30p				Water Polo 7:30p-8:30p				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 Association Aquatics Director Ben Watson: bwatson@ymcawnc.org



FIND YOUR SUPER POWER POOLSIDE

NOW HIRING LIFEGUARDS

Training provided
Plus, FREE YMCA membership!

