



July 13-19

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

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

Asheville YMCA

South Pool

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

>>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



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Plus, FREE YMCA membership!

