



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

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time					
	Lane	1	2	3	4	Lane	1	2	3	4	Lane	1	2	3	4	Lane	1	2	3	4	Lane	1	2	3	4	Lane	1	2		3	4	Lane	1	2
6-7 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 6a-8:50			Ind. Ex.	Open Swim	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	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50			Ind. Ex.	Open Swim	Lap Swim 6-9:20	Ind. Ex.	Lap Swim 6a- 8:50			Lap Swim 6a-8:20				Ind. Ex.	Lap Swim			Closed				7-8 AM						
8-9 AM	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50			Ind. Ex.	Open Swim	Lap Swim 6-9:20	Ind. Ex.	Lap Swim 6a- 8:50			Lap Swim 6a-8:20				Ind. Ex.	Lap Swim			Closed				8-9 AM						
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Swim Lessons 8:50-1p				Closed				9-10 AM					
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Aqua Zumba				Cardio Splash				Swim Lessons 8:50-1p				Lap Swim 9:30a-12:50p				10-11 AM					
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Aqua Zumba				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			Swim Lessons 8:50-1p				Lap Swim 9:30a-12:50p				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			Family Swim 1:10-4p				Family Swim 1p- 4:30p				1-2 PM					
2-3 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			Family Swim 1:10-4p				Family Swim 1p- 4:30p				2-3 PM					
3-4 PM	Hydro Burn				Hydro Burn				Ind. Ex.				Hydro Burn				Hydro Burn				Family Swim 1:10-4p				Family Swim 1p- 4:30p				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				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				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	Lane	1	2	3	4	Lane	1	2	3	4	Lane	1	2	3	4	Lane	1	2	3	4	Lane	1	2		3	4	Lane	1	2
6-8 AM	Lap Swim				Lap Swim				Lap Swim Until 7:30				Closed for Cleaning				Lap Swim until 7:30				Closed				Closed				6-8 AM					
8-10 AM	Lap Swim				Lap Swim				Lap Swim Until 7:30				Closed for Cleaning				Lap Swim until 7:30				Lap Swim				Lap Swim 9:30p-4:30p				8-10 AM					
10-12 PM	Lap Swim				Lap Swim				Lap Swim Until 7:30				Closed for Cleaning				Lap Swim until 7:30				Lap Swim				Lap Swim 9:30p-4:30p				10-12 PM					
12-2 PM	Lap Swim				Lap Swim				Lap Swim Until 7:30				Closed for Cleaning				Lap Swim until 7:30				Lap Swim				Lap Swim 9:30p-4:30p				12-2 PM					
2-4 PM	Lap Swim				Lap Swim				Lap Swim Until 7:30				Closed for Cleaning				Lap Swim until 7:30				Lap Swim				Lap Swim 9:30p-4:30p				2-4 PM					
4-6 PM	Swim Team				Lap Swim				Swim Team				Closed for Cleaning				Lap Swim until 7:30				Lap Swim				Closed				4-6 PM					
6-8:30 PM	Swim Team				Lap Swim				Swim Team				Closed for Cleaning				Lap Swim until 7:30				Lap Swim				Closed				6-8:30 PM					

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://ymcawnc.org/programs-search)<<

<span style="background-color: #00a0e3; color: white; padding: 2px;">Lap Swim</span>	<span style="background-color: #008000; color: white; padding: 2px;">Independent Exercise</span>	<span style="background-color: #000080; color: white; padding: 2px;">Swim Team</span>	<span style="background-color: #ff00ff; color: white; padding: 2px;">Open Swim</span>
<span style="background-color: #008000; color: white; padding: 2px;">Group Ex</span>	<span style="background-color: #800080; color: white; padding: 2px;">Swim Lessons</span>	<span style="background-color: #ffa500; color: white; padding: 2px;">Specialty</span>	

For Questions contact Aquatics Manager - Programing Jeri Martin [jmartin@ymcawnc.org](mailto:jmartin@ymcawnc.org)

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



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