



July 20-Aug 2

** 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	Hydro Burn				Cardio Splash				Hydro Burn				Aqua Zumba				Fluid Movement												10-11 AM				
11-12 PM	Fluid Movement								Ind. Ex.								PreK Camp				Lap Swim												11-12 PM
12-1 PM	Ind. Ex.	Lap Swim 11:30a-2:05p			Ind. Ex.	Lap Swim 11:15-2:05p			Horizons Day Camp				Ind. Ex.	Lap Swim 11:15-2:05p			11:40a-2:05p				Family Swim 1:10-4p				Family Swim 1p-4:30p				12-1 PM				
1-2 PM																																	1-2 PM
2-3 PM	Hydro Burn				Hydro Burn				Ind. Ex.				Hydro Burn				Hydro Burn																2-3 PM
3-4 PM																																	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																																	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			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 Until 7:30				Lap Swim				Lap Swim until 7:30				Closed				Closed				6-8 AM																
8-10 AM																																													8-10 AM
10-12 PM																																													
12-2 PM					Lap Swim								Lap Swim				Lap Swim				Lap Swim				Lap Swim 9:30p-4:30p				12-2 PM																
2-4 PM																																	2-4 PM												
4-6 PM	Swim Team								Swim Team																								4-6 PM												
6-8:30 PM									Water Polo 7:30p-8:30p								Closed				Closed				Closed				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!