



Aug 9-16

**** 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				South pool Closed for Cleaning Aug 16-22	6-7 AM			
7-8 AM																					Ind.	Lap Swim				7-8 AM			
8-9 AM	Homeschool Swim				Homeschool Swim				Deep Water Fitness				8-9 AM																
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Cardio Splash				Swim Lessons 8:50-1p	9-10 AM											
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Aqua Zumba					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	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				Family Swim 1:10-4:50p	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				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					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. 18+ Private swim Lesson				Family Swim 3- 7:30p				Ind.	Lap Swim 5- 6:30p			Mon-Wed Deep end available 3:20-4 Ind. Ex.	5-6 PM			
6-7 PM																										6-7 PM			
7-8:30 PM	Ind	Lap Swim			Ind.	Lap Swim			Ind	Lap Swim			Ind.	Lap Swim			Closed				Closed	Ind. Ex.	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	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								Lap Swim				SL				Lap Swim
10-12 PM																					Lap Swim				Lap Swim				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
4-6 PM	4-6 PM																																				
6-8:30 PM									Water Polo 7:30p-8:30p												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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Plus, FREE YMCA membership!