



Aug 10-16

**\*\* 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    | Closed until 8:30am             |                       |   |   | Closed until 8:30am             |   |   |          | Closed until 8:30am             |   |      |                    | Closed until 8:30am |   |                     |          | Closed until 8:30am             |   |          |   | Closed               |                     |                       |        | South pool Closed for Cleaning Aug 16-22 |   |   |   | 6-7 AM               |          |  |  |                                 |        |                   |        |
| 7-8 AM    |                                 |                       |   |   |                                 |   |   |          |                                 |   |      |                    |                     |   |                     |          |                                 |   |          |   | Ind.                 | Lap Swim 7:30- 8:50 |                       |        |                                          |   |   |   | 7-8 AM               |          |  |  |                                 |        |                   |        |
| 8-9 AM    | Homeschool Swim                 |                       |   |   | Ind. Ex.                        |   |   |          | Homeschool Swim                 |   |      |                    | Ind. Ex.            |   |                     |          | Deep Water Fitness              |   |          |   |                      | 8-9 AM              |                       |        |                                          |   |   |   |                      |          |  |  |                                 |        |                   |        |
| 9-10 AM   | Hydro Burn                      |                       |   |   | Hydro Burn                      |   |   |          | Hydro Burn                      |   |      |                    | Hydro Burn          |   |                     |          | Cardio Splash                   |   |          |   | Swim Lessons 9-1p    |                     |                       |        |                                          |   |   |   | 9-10 AM              |          |  |  |                                 |        |                   |        |
| 10-11 AM  | Fluid Movement                  |                       |   |   | Cardio Splash                   |   |   |          | Fluid Movement                  |   |      |                    | Aqua Zumba          |   |                     |          | Fluid Movement                  |   |          |   |                      |                     |                       |        |                                          |   |   |   | 10-11 AM             |          |  |  |                                 |        |                   |        |
| 11-12 PM  | Ind. Ex.                        | Lap Swim 11:15- 1:50p |   |   |                                 |   |   | Ind. Ex. | Lap Swim 11:15- 1:50p           |   |      |                    |                     |   | Prek camp           |          | Lap Swim                        |   | 11-12 PM |   |                      |                     |                       |        |                                          |   |   |   |                      |          |  |  |                                 |        |                   |        |
| 12-1 PM   |                                 |                       |   |   |                                 |   |   |          |                                 |   |      |                    |                     |   | Ind.                | Lap Swim |                                 |   |          |   |                      | Ind. Ex.            | Lap Swim 11:15- 1:50p |        |                                          |   |   |   | 12-1 PM              |          |  |  |                                 |        |                   |        |
| 1-2 PM    | Hydro Burn                      |                       |   |   | Deep water fitness              |   |   |          | Family Swim 2- 3:10             |   | PL   | Deep water fitness |                     |   |                     |          |                                 |   |          |   |                      |                     |                       |        |                                          |   |   |   | Hydro Burn           |          |  |  | Family Swim 1:10- 4:50p         |        | PL                | 1-2 PM |
| 2-3 PM    | Ind. Ex.                        |                       |   |   | PL                              |   |   |          | Ind. Ex.                        |   |      |                    | PL                  |   |                     |          | Swim Lessons (Only) 3:20p-6:30p |   |          |   | Ind. Ex. 18+         |                     | Private swim Lesson   |        |                                          |   |   |   | Family Swim 3- 7:30p |          |  |  | PL                              | 2-3 PM |                   |        |
| 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. 18+        |   | Private swim Lesson |          |                                 |   |          |   | Family Swim 3- 7:30p |                     |                       |        |                                          |   |   |   |                      |          |  |  |                                 | Ind.   | Lap Swim 5- 6:30p |        |
| 4-5 PM    |                                 |                       |   |   |                                 |   |   |          |                                 |   |      |                    |                     |   |                     |          |                                 |   |          |   |                      |                     |                       |        |                                          |   |   |   |                      |          |  |  | Swim Lessons (Only) 3:20p-6:30p |        |                   |        |
| 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   |                       | 5-6 PM |                                          |   |   |   |                      |          |  |  |                                 |        |                   |        |
| 6-7 PM    |                                 |                       |   |   |                                 |   |   |          |                                 |   |      |                    |                     |   |                     |          |                                 |   |          |   |                      | Ind.                | Lap Swim              |        |                                          |   |   |   | Ind.                 | Lap Swim |  |  |                                 |        |                   | Ind.   |
| 7-8:30 PM | Ind.                            |                       |   |   | Lap Swim                        |   |   |          |                                 |   | Ind. |                    |                     |   | Lap Swim            |          |                                 |   |          |   | Closed               |                     |                       |        |                                          |   |   |   |                      |          |  |  |                                 |        |                   |        |

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  |   |   |   | SL<br>Lap Swim |   |   |   | Lap Swim  |                        |   |   | Lap Swim  |   |   |   | Lap Swim<br>Close at 7:30 |                         |   |   | Closed               |        |   |   | Closed               |        |   |   | 6-8 AM    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8-10 AM   |           |   |   |   |                |   |   |   |           |                        |   |   |           |   |   |   |                           |                         |   |   | SL                   |        |   |   |                      |        |   |   | 8-10 AM   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10-12 PM  |           |   |   |   |                |   |   |   |           |                        |   |   |           |   |   |   |                           |                         |   |   | Lap Swim 7:30a-6:30p |        |   |   | Lap Swim 9:30p-4:30p |        |   |   | 10-12 PM  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12-2 PM   |           |   |   |   |                |   |   |   |           |                        |   |   |           |   |   |   |                           |                         |   |   |                      |        |   |   |                      |        |   |   | 12-2 PM   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2-4 PM    |           |   |   |   |                |   |   |   |           |                        |   |   |           |   |   |   |                           |                         |   |   |                      |        |   |   |                      |        |   |   | 2-4 PM    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4-6 PM    | Swim Team |   |   |   | SL             |   |   |   | Swim Team |                        |   |   | Swim Team |   |   |   | Lap Swim 7:30a-6:30p      |                         |   |   | SL                   |        |   |   | Lap Swim 9:30p-4:30p |        |   |   | 4-6 PM    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6-8:30 PM |           |   |   |   |                |   |   |   |           |                        |   |   |           |   |   |   |                           |                         |   |   |                      |        |   |   |                      |        |   |   | 6-8:30 PM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           |           |   |   |   |                |   |   |   |           |                        |   |   |           |   |   |   |                           |                         |   |   |                      |        |   |   |                      |        |   |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|           |           |   |   |   |                |   |   |   |           | Water Polo 7:30p-8:30p |   |   |           |   |   |   |                           | Reg. Required See Below |   |   |                      | Closed |   |   |                      | Closed |   |   |           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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|  |          |  |                   |  |           |  |           |  |
|--|----------|--|-------------------|--|-----------|--|-----------|--|
|  | 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](mailto:jmartin@ymcawnc.org)

For lifeguarding, safety, and lifeguard job applications, contact Association Aquatics Director  
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