



Aug 23-30

**** 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				Closed				6-7 AM
7-8 AM																					Closed								7-8 AM
8-9 AM	Homeschool Swim				Hydro Burn				Homeschool Swim				Hydro Burn				Deep Water Fitness				Ind. Lap Swim 7a-1p								Ind. Ex Lap Swim 9:30a- 11:50p
9-10 AM	Hydro Burn								Hydro Burn								Aqua Zumba								Cardio Splash				
10-11 AM	Fluid Movement				Cardio Splash				Fluid Movement				Lap Swim 11:15- 2:20p				Fluid Movement								Family Swim 1:10-4:50p				
11-12 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim							Prek camp		Lap Swim		Fluid Movement								11-12 PM
12-1 PM													Lap Swim				Lap Swim				Lap Swim								Lap Swim
1-2 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 11:15- 2:20p			Ind. Ex.	Lap Swim 11:15- 2:20p			Ind.	Lap Swim			Family Swim 1:10-4:50p				Family Swim 12p- 4:30p				1-2 PM				
2-3 PM																									Hydro Burn				Deep water fitness
3-4 PM	Family Swim 3- 5:30				Family Swim 3- 5:30				Family Swim 2- 3:10				Deep water fitness												Family Swim 3- 5:30				Alternative pools: Corpening
4-5 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex. 18+	Private swim Lesson			Family Swim 3- 5:30				4-5 PM								
5-6 PM																	Lap Swim				Lap Swim				Lap Swim				
6-7 PM																	Lap Swim				Lap Swim				Lap Swim				6-7 PM
7-8:30 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				7-8:30 PM				
																					Closed				7-8:30 PM				

North Pool

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time
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PARDON OUR PROGRESS

THE NORTH POOL WILL BE CLOSED
AUGUST 23-30

>>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



FIND YOUR SUPER POWER POOLSIDE

NOW HIRING LIFEGUARDS

Training provided
Plus, FREE YMCA membership!