



September 2026

**** 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- 8:20a			Ind. Ex.	Lap Swim 6a- 8:20a			Ind. Ex.	Lap Swim 6a- 8:20a			Ind. Ex.	Lap Swim 6a- 8:20a			Closed				Closed				6-7 AM
7-8 AM																					Ind.	Lap Swim							7-8 AM
8-9 AM	Open Swim			Ind. Ex.			Open Swim			Open Swim			Deep Water Fitness			8-9 AM													
9-10 AM	Deep Water Fitness			Hydro Burn			Hydro Burn			Aqua Zumba			Cardio Splash			Swim Lessons 8:50-1p				9-10 AM									
10-11 AM	Cardio Splash			Ind. Ex.			Lap Swim 10:40a - 1:50p			Ind. Ex.			Lap Swim 11:10- 1:50p							Ind. Ex.			Lap Swim 11:40a- 1:50p			10-11 AM			
11-12 PM	Lap Swim 10:40a - 1:50p																									Lap Swim 11:10- 1:50p			Lap Swim 10:40a - 1:50p
12-1 PM	Lap Swim 10:40a - 1:50p			Lap Swim 11:10- 1:50p			Lap Swim 10:40a - 1:50p			Lap Swim 11:10- 1:50p			Lap Swim 10:40a - 1:50p			Lap Swim 11:10- 1:50p			Lap Swim 11:40a- 1:50p			Family Swim 9:30a - 4:30p				12-1 PM			
1-2 PM	Hydro Burn			Deep water fitness			Family Swim 2- 3:50			Deep water fitness			Hydro Burn			Family Swim 1:10- 4:50p			1-2 PM										
2-3 PM	Ind. Ex.			Ind. Ex.			Swim Lessons (Only) 3:20p-6:30p			Ind. Ex. 18+ Private swim Lesson			Family Swim 3- 6:30p			Family Swim 1:10- 4:50p			2-3 PM										
3-4 PM	Swim Lessons (Only) 3:20p-6:30p			Swim Lessons (Only) 3:20p-6:30p												Swim Lessons (Only) 4p-6:30p			Ind. Ex. 18+ Private swim Lesson			Family Swim 3- 6:30p			Family Swim 1:10- 4:50p			3-4 PM	
4-5 PM	Swim Lessons (Only) 3:20p-6:30p			Swim Lessons (Only) 3:20p-6:30p			Swim Lessons (Only) 4p-6:30p			Ind. Ex. 18+ Private swim Lesson			Family Swim 3- 6:30p			Family Swim 1:10- 4:50p			Mon Sept. 7th Pool closes at 12:30				4-5 PM						
5-6 PM	Ind.			Ind.			Ind.			Ind.			Ind.			Ind.							Lap Swim 5- 6:30p			5-6 PM			
6-7 PM	Ind.			Ind.			Ind.			Ind.			Ind.			Ind.							Lap Swim 5- 6:30p			6-7 PM			
7-8:30 PM	Ind	Lap Swim			Ind.	Swim team Lap swim			Ind.	Lap Swim			Ind.	Swim team Lap swim			Ind.	Lap Swim			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	Lane
6-8 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Closed				6-8 AM
8-10 AM																													8-10 AM
10-12 PM																													10-12 PM
12-2 PM																									Lap Swim 9:30p- 4:30p				12-2 PM
2-4 PM	Swim Team 4-6:15				Swim Team 6-7:30p				Swim Team 4-6:15				Swim Team 6-7:30p				Closed				Closed				Closed				2-4 PM
4-6 PM																													4-6 PM
6-8:30 PM																													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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