



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

>>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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