



September 14-30

**\*\* Pool schedule is subject to change without notice\*\***

Independent  
Exercise 18+  
only!

### Asheville YMCA

#### South Pool

| 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     | Ex.                             | Lap Swim              |   |   | Ex.                             | Lap Swim              |   |   | Ex.                             | Lap Swim              |   |   | Ex.                | Lap Swim              |                     |   | Ex.                  | Lap Swim              |   |   | Closed                    |                   |    |                                         | Closed    |        |   |   | 6-7 AM |
| 7-8 AM     | Ind.                            | 6a- 8:20a             |   |   | Ind.                            | 6a- 8:20a             |   |   | Ind.                            | 6a- 8:20a             |   |   | Ind.               | 6a- 8:20a             |                     |   | Ind.                 | 6a- 8:20a             |   |   | Ind.                      | Lap Swim          |    |                                         |           |        |   |   | 7-8 AM |
| 8-9 AM     | Open Swim                       |                       |   |   | Ind. Ex.                        |                       |   |   | Open Swim                       |                       |   |   | Open Swim          |                       |                     |   | Deep Water Fitness   |                       |   |   | Swim Lessons 8:50-1p      |                   |    |                                         |           |        |   |   | 8-9 AM |
| 9-10 AM    | Deep Water Fitness              |                       |   |   | Hydro Burn                      |                       |   |   | Hydro Burn                      |                       |   |   | Aqua Zumba         |                       |                     |   | Cardio Splash        |                       |   |   |                           |                   |    |                                         | 9-10 AM   |        |   |   |        |
| 10-11 AM   | Ind. Ex.                        |                       |   |   | Cardio Splash                   |                       |   |   | Ind. Ex.                        |                       |   |   | Ind. Ex.           |                       |                     |   | Fluid Movement       |                       |   |   |                           |                   |    |                                         | 10-11 AM  |        |   |   |        |
| 11-12 PM   | Ind. Ex.                        |                       |   |   | Ind. Ex.                        |                       |   |   | Ind. Ex.                        |                       |   |   | Ind. Ex.           |                       |                     |   | Ind. Ex.             |                       |   |   | Family Swim 9:30a - 4:30p |                   |    |                                         | 11-12 PM  |        |   |   |        |
| 12-1 PM    | Ex.                             | Lap Swim 11:40a-1:50p |   |   | Ex.                             | Lap Swim 11:40a-1:50p |   |   | Ex.                             | Lap Swim 11:40a-1:50p |   |   | Ex.                | Lap Swim 11:40a-1:50p |                     |   | Ex.                  | Lap Swim 11:40a-1:50p |   |   |                           |                   |    |                                         | 12-1 PM   |        |   |   |        |
| 1-2 PM     | Ind.                            | Lap Swim 11:40a-1:50p |   |   | Ind.                            | Lap Swim 11:40a-1:50p |   |   | Ind.                            | Lap Swim 11:40a-1:50p |   |   | Ind.               | Lap Swim 11:40a-1:50p |                     |   | Ind.                 | Lap Swim 11:40a-1:50p |   |   |                           |                   |    |                                         | 1-2 PM    |        |   |   |        |
| 2-3 PM     | Hydro Burn                      |                       |   |   | Deep water fitness              |                       |   |   | Family Swim 2-3:50              |                       |   |   | Deep water fitness |                       |                     |   | Hydro Burn           |                       |   |   | Family Swim 1:10- 4:50p   |                   | PL | South pool closes for lane line changes |           | 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- 6:30p |                       |   |   | 3-4 PM                    |                   |    |                                         |           |        |   |   |        |
| 4-5 PM     | Swim Lessons (Only) 3:20p-6:30p |                       |   |   | Swim Lessons (Only) 3:20p-6:30p |                       |   |   |                                 |                       |   |   | Ind. Ex. 18+       |                       | Private swim Lesson |   |                      |                       |   |   | 4-5 PM                    |                   |    |                                         |           |        |   |   |        |
| 5-6 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 |                       |   |   | Ind.                      | Lap Swim 5- 6:30p |    |                                         | 5-6 PM    |        |   |   |        |
| 6-7 PM     | Ind                             | Lap Swim              |   |   | Ind.                            | Swim team             |   |   | Ind.                            | Lap Swim              |   |   | Ind.               | Swim team             |                     |   |                      |                       |   |   | Ind.                      | Lap Swim          |    |                                         | Closed    |        |   |   | 6-7 PM |
| 7-8:30 PM  | Ind                             | Lap Swim              |   |   | Ind.                            | Lap swim              |   |   | Ind.                            | Lap Swim              |   |   | Ind.               | 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   |                   |   |   |   |                  |   |   |   |                        |   |   |   |                  |   |   |   |                  |   |   |   | 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 4-6:15 |   |   |   | Swim Team 4-6:15       |   |   |   | Swim Team 4-6:15 |   |   |   | Swim Team 4-6:15 |   |   |   | Closed               |   |   |   | 4-6 PM            |   |   |   |                   |
| 6-8:30 PM | Swim Team 6-7:30p |   |   |   |                  |   |   |   |                        |   |   |   |                  |   |   |   |                  |   |   |   |                      |   |   |   | Swim Team 6-7:30p |   |   |   | Swim Team 6-7:30p |
|           |                   |   |   |   |                  |   |   |   | Water Polo 7:30p-8:30p |   |   |   |                  |   |   |   | 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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