



October 1-17 2026

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

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																					LG class								Lap Swim
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				LG class				LG class 10/8-10/11				4-6 PM				
6-8:30 PM	Water Polo 7:30p-8:30p																								LG				LG class

>>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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