Oct 19- Oct 25

Asheville YMCA — South Pool

Pool Schedule is subject to change without notice

Announcements:
Monday and Tuesday 3-4pm Deep end ONLY will be available for Independent exercise (18+)

Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	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 6-8	Ind. Ex / Lap Swim 6-8	Ind. Ex / Lap Swim 6-8	Ind. Ex / Lap Swim 6-8	Ind. Ex / Lap Swim 6-8	Closed	South pool will close for 10 minutes at all lane line changes	6-7 AM
7-8 AM						Ind. Ex. / Lap Swim		7-8 AM
8-9 AM	Closed	Closed	Closed	Closed	Closed			8-9 AM
9-10 AM	Family Swim / Hydro Burn	Ind. Ex / Hydro Burn	Family Swim / Hydro Burn	Ind. Ex / Hydro Burn	Deep water fitness / Family Swim	Swim lessons Only	Family Swim / YSL Class	9-10 AM
10-11 AM	Fluid Movement	Cardio Splash / Ind. Ex	Fluid Movement	Aqua Zumba / Ind. Ex	Cardio splash			10-11 AM
11-12 PM	Ind. Ex / Lap Swim 11:40-1:30	Ind. Ex / Lap Swim 11:40-1:30	Ind. Ex / Lap Swim 11:40-1:30	Ind. Ex / Lap Swim 11:40-1:30	Ind. Ex / Lap Swim 11:40-1:30	Family Swim / YSL Class		11-12 PM
12-1 PM								12-1 PM
1-2 PM	Closed	Closed	Closed	Closed	Closed			1-2 PM
2-3 PM	Hydro Burn	Deep water fitness	Family Swim	Deep water fitness	Hydro Burn			2-3 PM
3-4 PM	Lessons (shallow end)	Lessons (shallow end)		Ind. Ex	Ind. Ex			3-4 PM
4-5 PM	3-6:30 Swim lessons only	3-6:30 Swim lessons only	3-6:30 Swim lessons only	Family Swim / Private lessons	Family Swim		Lap swim	4-5 PM
5-6 PM						Ind. Ex. / Lap Swim	CLOSED	5-6 PM
6-7 PM								6-7 PM
7-8 PM	Ind. Ex / Lap Swim 6:40-8:30	Ind. Ex / Swim Team / Lap Swim	Ind. Ex / Lap Swim 6:40-8:30	Ind. Ex / Swim Team / Lap Swim	Ind. Ex / Lap Swim / YSL Class			
8-9 PM	Closed	Closed	Closed	Closed	Closed			
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	

POOL HOURS:
M-Fri: 6:00a - 8:30p
Sat: 7:15a - 6:30p
Sun: 9:30a - 5:00p

Lap Swim	Ind. Ex. 18+	Swim Lessons	Family
Aqua Fitness	Swim Team	Rental	Training

For questions about programming please contact
Manager of Aquatic Programming Jeri Martin Jmartin@ymcawnc.org

Oct 19- Oct 25

Asheville YMCA — North Pool

Pool Schedule is subject to change without notice

Announcements:
We are hiring! Check out ymcawnc.org

Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	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	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	CLOSED	6-7 AM
7-8 AM						Lap Swim		7-8 AM
8-9 AM								8-9 AM
9-10 AM							Lap swim	9-10 AM
10-11 AM								10-11 AM
11-12 PM								11-12 PM
12-1 PM								12-1 PM
1-2 PM								1-2 PM
2-3 PM								2-3 PM
3-4 PM								3-4 PM
4-5 PM	Swim Team 4-6:15		Swim Team 4-6:15					4-5 PM
5-6 PM							CLOSED	5-6 PM
6-7 PM	Lap Swim	Swim Team 6-7:30	Lap swim 6:30-7:30	Swim Team 6-7:30		1 2 3 4	1 2 3 4	6-7 PM
7-8 PM		Lap Swim	Water Polo	Lap Swim				
8-9 PM	Closed	Closed	Closed	Closed	Closed			
Lane #	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4			

POOL HOURS:
M-Fri: 6:00a - 8:30p
Sat: 7:15a - 6:30p
Sun: 9:30a - 5:00p

Lap Swim	Ind. Ex. 18+	Swim Lessons	Family
Aqua Fitness	Swim Team	Rental	Training

For questions about Lifeguards and Safety please contact
Manager of Lifeguards and Safety Chlo Kramer Ckramer@ymcawnc.org