November 2026 Pool Schedule

*** Pool schedule is subject to change without notice due to staffing/weather ***

Black Mountain YMCA

Week 2 & 3
11/23-11/29

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday					Time
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #
6-7 AM	Lap Swim					Lap Swim					Lap Swim										Lap Swim					Pool Closed					Pool Closed					6-7 AM
7-8 AM																																				7-8 AM
8-9 AM	Lap Swim				Ind. EX.	Lap Swim				Ind. EX.	Lap Swim				Ind. EX.						Lap Swim				Ind. EX.	Lap Swim Lanes move at 11:35am				Ind. Ex						8-9 AM
9-10 Am	Lanes move @ 9:50a					Lanes move @ 9:50a					Lanes move @ 9:50a										Lanes move @ 9:50a															9-10 AM
10-11 AM	Hydro Burn deep water					Aqua Tabata					Cardio Splash										Cardio Splash					lap	Cardio Splash 11:45-12:30pm									10-11 AM
11-12 PM	Lap Swim Lanes move @ 5:20p				Open Swim	Lap Swim				Lessons	Lap Swim Lanes move at 5:20p				Open Swim						Lap Swim				Open Swim	Open Swim				Independent Exercise						11-12 PM
12-1 PM										Open Swim																										12-1 PM
1-2 PM																															Open Swim			Lap Swim	Independent Exercise	1-2 PM
2-3 PM																																				2-3 PM
3-4 PM																																				3-4 PM
4-5 PM					Lessons	Piranhas				Lessons																During Group Swim Lesson's we will have Adult Ind. Ex., DEEP END, ONLY, if space allows NO RAMP ACCESS					Pool Closed					4-5 PM
5-6 PM	Aqua Tabata 5:30-6:15pm										Cardio Splash 5:30-6:15pm																									5-6 PM
6-7 PM	Piranhas			Lap		Open Swim			Lap Swim		Lap			Open Swim							Pool Closed															6-7 PM
7-7:30 PM																															1	2	3	4	5	
	Pool Closed					Pool Closed					Pool Closed																										
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #



Pool Closed Happy Thanksgiving

We have returned to 1 water exercise morning class during the week. We will add additional classes in the Spring. Afternoon and evening access to the pool will be limited space for swim lessons.

Lap Swim	Independent Exercise	Swim Lessons	Open Swim
Group Ex	Swim Team	Specialty	Safety Around Water

Contact Aquatics Director Helen Barnfather with any questions: hbarnfather@ymcawnc.org

BLACK MOUNTAIN YMCA
25 Jane Jacobs Road
Black Mountain, NC 28711
828 552 3620 • ymcawnc.org

MAX CAPACITY (Pool+ Spa): 25

Please note the schedule and lane space is subject to change at any time.

POOL HOURS

Monday - Thursday: 6 AM - 7:30 PM
Friday: 6 AM - 6:30 PM
Saturday: 8 AM - 4:30 PM
Sunday: 1 PM - 4:30 PM



POOL RULES

Please obey all requests made by lifeguards.

Street shoes are not allowed on the deck.

Shower before entering the pool and after the use of toilet facilities.
After showering, please dry off completely when exiting the showers into the locker room area.
Cameras, cell phones, and other electronic devices are not allowed on the pool deck.
Photography on the pool deck is prohibited.
Inflatable flotation devices are not permitted; we provide Coastguard Approved Life Jackets and puddle jumpers.
Walk. Do not engage in rough play.
Please do not enter the pool if you have a communicable disease or open cut.
No glass, food, gum, tobacco, or animals are allowed on the pool deck.
Proper swim attire must be worn at all times - no cotton shirts/shorts.
Children not toilet-trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.
Diaper changing on the pool deck is not permitted.

SAUNA AND HOT TUB RULES

Please shower before using spa amenities.
Must be 16 years or older to use these facilities.
Swim attire must be worn- full clothing is not permitted. No street shoes.
No electronic devices are allowed in these areas.
Do not exercise in the sauna.
Persons under the influence of alcohol, tranquilizers or any drugs that cause drowsiness, or raise/lower blood pressure should not enter the spa area.
Please shower after leaving the sauna/spa if entering the pool. There is a shower on the pool deck.
Persons who behave inappropriately will be asked to leave.
There is a strict 10 minute limit on the Hot Tub; the lifeguard may ask you to get out if you have been in for too long.
Recommended time limit for Sauna is 10-15 minutes.

LAP SWIM

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim times/independent exercise for water jogging, water walking, etc. Lap swimmers should share the lanes with other members in a respectful manner.
Please warn other person in lane before you start sharing

EQUIPMENT

Kickboards, pull buoys and fins are for lap swim use only.
Noodles are to be used for flotation and exercise classes only.
Approved lifejackets are available for use.
Equipment should not be used to roughhouse or for horseplay.

CHILD SUPERVISION

Children Ages 0–6
An adult must be within arm's reach of the child at all times.
Children Ages 7–9
If the child passes the swim test, they may be in the pool with a responsible adult in the pool area. Otherwise a guardian must be in the pool.
Children Ages 10–12
Child must pass a swim test or wear a lifejacket and may be in the pool area without a responsible adult. If they don't pass swim test they must remain in the shallow end.

SWIM TEST

Any child under the age of 13 wishing to swim **in water deeper than chest depth** must pass the swim test:
- Jump into the shallow end, ducking head under water.
- Swim 25 yards on stomach without stopping.
- Tread water for 1 minute.

Swim tests must be completed once every 3 months and are valid at all YMCAWNC pools. Recieve a swim band from the front desk the next time you come to swim after passing.
The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.
*If child does not pass swim test they must remain in shallow end.

LIFEGUARD BREAK: Our Y is a one-guard pool. Lifeguards have the ability to close the pool for 10 minutes in the event that they need a break and have no coverage. Please respect the lifeguard and obey all directions.