November 23-29

Asheville YMCA | South Pool

Pool Schedule is subject to change without notice

Announcements:
Kayak resumes 11/13!!
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			Enjoy your Holiday!				Ind. Ex	Lap Swim 6-8			Closed				YMCA closed Thanks-Giving Day (Thurs 26th)				6-7 AM
7-8 AM																					Ind. Ex.	Lap Swim							7-8 AM
8-9 AM	Closed				Closed				Closed								Closed												8-9 AM
9-10 AM	Ind. Ex				Ind. Ex	Hydro Burn			Ind. Ex								Deep water fitness												9-10 AM
10-11 AM	Hydro Burn				Hydro Burn	Cardio Splash			Hydro Burn								Ind. Ex												10-11 AM
11-12 PM	Fluid Movement				Ind. Ex				Fluid Movement								Cardio splash												11-12 PM
12-1 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	Lessons						Family Swim 9:30a-4:30p				12-1 PM
1-2 PM	Closed				Closed				Closed								Closed				Family Swim 12-5								1-2 PM
2-3 PM	Hydro Burn				Deep water fitness				Family Swim								Hydro Burn												2-3 PM
3-4 PM	Family Swim				Family Swim												Ind. Ex												3-4 PM
4-5 PM																	Family Swim 4- 5:30												4-5 PM
5-6 PM																					Ind. Ex.	Lap Swim			CLOSED				5-6 PM
6-7 PM	Ind. Ex	Lap Swim 6:40-8:30			Ind. Ex	Swim Team			SL	Lap Swim 6:40-8:30							Open Kayak				1	2	3	4	1	2	3	4	6-7 PM
7-8 PM						Lap Swim																							7-8 PM
8-9 PM	Closed				Closed				Closed				Closed				Closed												8-9 PM
Lane #	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4									**Lane #**

POOL HOURS:
M-Fri: 6:00a - 8:30p
Sat: 7:15a - 6:30p
Sun: 9:30a - 4:30p

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

November 16 - 22

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 6a-4p	Lap Swim 6a-6p	Lap Swim 6a-7pm	Enjoy your Holiday!	Lap Swim 6a-8:30p	Closed	CLOSED	6-7 AM
7-8 AM						Lap Swim		7-8 AM
8-9 AM								8-9 AM
9-10 AM							Lap swim 9:30a-4:30p	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							4-5 PM
5-6 PM							CLOSED	5-6 PM
6-7 PM	Lap Swim	Swim Team 6-7:30				1 2 3 4	1 2 3 4	6-7 PM
7-8 PM		Lap Swim	Water Polo			POOL HOURS: M-Fri: 6:00a - 8:30p Sat: 7:15a - 6:30p Sun: 9:30a - 4:30p		
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			

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