



ANNOUNCEMENTS:
Swim Instructor Class 9/29 + 9/30
Delayed open Sat mornings (7:30a)
Hours subject to change based on
staffing

ASHEVILLE YMCA

Sept 18-Oct 1

POOL HOURS
Mon-Thurs 6a-8:30p
Fri 6a-7:30p
Sat 7a-6:30p
Sun 1p-4:30p

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								
6a-7a	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-7:50a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Closed Open at 7:30a				Closed				6a-7a								
7a-8a																					Ind								Lap Swim				7a-8a				
8a-9a	Lessons 8a-9:30a		Hydro Burn				Open Swim 8a-9:30a				Hydro Burn				Deep Water Fitness				Swim Lessons 8:30a-12:30p				8a-9a														
9a-10a	Hydro Burn						Cardio Splash								Cardio Splash								Family Swim 9:30a-12:30p						9a-10a								
10a-11a	Cardio Splash		Cardio Splash				Cardio Splash				Cardio Splash				Swim Lessons 8:30a-12:30p								10a-11a														
11a-12p	Lap Swim 11:30a-1:50p		Lap 11:10a-1:50p				Lap 11:10a-1:50p				Lap 11:10a-1:50p				Lap 11:10a-1:50p				Family Swim 12:30p-4p				11a-12p														
12p-1p	Ind. Ex.																						Ind. Ex.				Ind. Ex.				Ind. Ex.				12p-1p		
1p-2p	Ind. Ex.		Lap Swim 11:30a-1:50p			Ind. Ex.		Lap 11:10a-1:50p		Ind. Ex.		Lap 11:10a-1:50p		Ind. Ex.		Lap 11:10a-1:50p		Ind.		Lap Swim 12:35p-1:50p		Family Swim 12:30p-4p				Family Swim 1p-3p				1p-2p							
2p-3p	Hydro Burn																													Open Swim 2p-4p		Hydro Burn		Open Swim 2p-4p		Hydro Burn	
3p-4p	Family Swim 3p-6:30p				Open Swim 2p-4p				Open Swim 3p-4p				Open Swim 2p-4p				Swim Lessons 3p-6:30p				Family Swim 3p-6:30p				Swim Lessons 4p-6:30p				Swim Lessons 4p-6:30p				Swim Lessons 4p-6:30p				3p-4p
4p-5p																																					Ind.
5p-6p					Ind. Ex.				Lap Swim 4p-6:30p				Ind. Ex.				Lap Swim 4p-6:30p				Ind. Ex.				Lap Swim 4p-6:30p				Ind. Ex.				Lap Swim 4p-6:30p				5p-6p
6p-7p	Ind		Lap Swim 6:30p-8:30p		Ind. Ex.		Lap Swim		Ind		Lap Swim 6:30p-8:30p		Ind. Ex.		Lap Swim		Ind		Lap Swim		Closed				Closed				Closed				6p-7p				
7p-8:30p	Ind		Lap Swim 6:30p-8:30p		Ind. Ex.		Lap Swim		Ind		Lap Swim 6:30p-8:30p		Ind. Ex.		Lap Swim		Ind		Lap Swim		Closed				Closed				Closed				7p-8:30p				

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			
6a-8a	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap swim 6a-6p				Lap Swim 6a-6p				Closed				Closed				6a-8a			
8a-10a																					8a-10a											
10a-12p																					10a-12p											
12p-2p																					12p-2p											
2p-4p																					2p-4p											
4p-6p	Swim Team 4p-6p				Swim Team 4p-6p				Swim Team 6p-7:30p				Kayak 6:15-7:15 Reg. Required See Below				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				4p-6p							
6p-8:30p	Lap Swim 6p-8:30p																				Lap Swim 6p-7:30p				Closed				6p-8:30p			

>>>To register for open kayak please visit ymcawnc.org/programs-search<<<

Lap Swim	Independent Exercise	Swim Team	Family Swim
Group Ex	Swim Lessons	Speciality	Open Swim

PLEASE REMEMBER THAT OUR POOLS ARE SHARED BY PROGRAMS, CLASSES, FAMILIES, AND ALL OUR MEMBERS.
THE POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PROGRAMS, WEATHER, MAINTENANCE, AND/OR SPECIAL EVENTS.



**BE A LEADER
BE A LIFEGUARD**

GUARD

NOW HIRING LIFEGUARDS

**Help people stay safe and confident
around water as a YMCA lifeguard!**

Lifeguard certification courses provided by the Y.



**Scan to find current
job opportunities here.**

**Scan to find lifeguard
courses here.**



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