



Announcements:  
LG class in 2 lanes March 8-10 see  
below for times

## ASHEVILLE YMCA

Feb 26 - March 10

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

### 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 8a-9:20a			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				Closed				6a-7a			
7a-8a																					Lap Swim								7a-8a			
8a-9a																					Lap Swim								8a-9a			
9a-10a	Hydro Burn			Hydro Burn			Hydro Burn			Deep Water Fitness			Swim Lessons (Only) 8:30a-12:30p				9a-10a															
10a-11a	Hydro Burn			Cardio Splash			Cardio Splash			Cardio Splash							Family/Open Swim 9:30a-12:30p			10a-11a												
11a-12p	Fluid Movement			Cardio Splash			Cardio Splash			Family/Open Swim 9:30a-12:30p							11a-12p															
12p-1p	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/Open Swim 12:30p-4p								12p-1p			
1p-2p																									Family/Open Swim 12:30p-4p				Family/Open Swim 12:30p-4p			
2p-3p	Hydro Burn			Family/Open Swim 2p-4p			Hydro Burn			Family/Open Swim 2p-4:00p			Hydro Burn			Family/Open Swim 12:30p-4p				2p-3p												
3p-4p	Family/Open Swim 3p-6:30p			Family/Open Swim 2p-4p			Family/Open 3p-4p			Family/Open 2p-4:00p			Family/ Open Swim 3p-6:30p			Swim Lessons			Ind. Ex.	Lap Swim 4p-6:30p			Ind.	Lap Swim 3p-4:30p *LG Class See Below*			3p-4p					
4p-5p							Swim Lessons (Only) 4p-6:45p			Swim Lessons (Only) 4p-6:45p			Swim Lessons 4p-6:45p			Lap Swim 4p- 8:30p											4p-5p					
5p-6p							Swim Lessons (Only) 4p-6:45p			Swim Lessons (Only) 4p-6:45p			Swim Lessons 4p-6:45p			Lap Swim 4p- 8:30p											5p-6p					
6p-7p	Ind	Lap Swim 6:30p-8:30p			Ind. Ex.	Lap Swim			Ind	Lap Swim 6:45p-8:30p			Ind. Ex.	Lap Swim 4p- 8:30p			Ind	Lap Swim *LG Class 3/8*			Closed				6p-7p							
7p-8:30p																									Closed				Closed			

### 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-5:15p  *LG Class 3/8 2 Lanes 4p-5p*				Closed				Closed  *LG Class 3/10 2 Lanes 1p-4:30p*				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 6p-7:30p				Swim Team 4p-6p				Swim Team 6p-7:30p				Open Kayak 5:15-6:15 & 6:15-7:15				Closed				4p-6p							
6p-8:30p	Lap Swim 6p-8:30p								Lap Swim				Lap Swim				Reg. Required See Below								6p-8:30p							
					Lap Swim				Water Polo 7:30p-8:30p																							

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://ymcawnc.org/programs-search)<<

Lap Swim	Independent Exercise	Swim Team	Family/Open Swim	Family Swim and Open Swim are open to all.
Group Ex	Swim Lessons	Specialty		

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, staffing, 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.**



[ymcawnc.org](http://ymcawnc.org)