



Announcements:
No swim team practice in north pool 3/18.
As we move into Spring/Summer please
expect schedule changes.

ASHEVILLE YMCA

March 11-24

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																					Ind								Lap Swim				7a-8a
8a-9a																																	8a-9a
9a-10a	Hydro Burn			Hydro Burn			Deep Water Fitness			Swim Lessons (Only) 8:30a-12:30p				9a-10a																			
10a-11a	Hydro Burn			Cardio Splash			Cardio Splash							Family/Open Swim 9:30a-12:30p				10a-11a															
11a-12p	Fluid Movement			Cardio Splash														11a-12p															
12p-1p	Ind. Ex.	Lap Swim 11:30a- 1:50p			Ind. Ex.	Lap 11:10a- 1:50p			Ind. Ex.	Lap Swim 11:30a- 1:50a			SL	Ind. Ex.	Lap 11:10a- 1:50p			Ind.	Lap Swim 12:35p- 1:50p			Family/Open Swim 12:30p-4p				Family/Open Swim 1p-3p				12p-1p			
1p-2p																																	
2p-3p	Hydro Burn			Family/Open Swim 2p-4p			Hydro Burn			Family/Open Swim 2p-4:00p			Hydro Burn															2p-3p					
3p-4p	Family/Open Swim 3p-6:30p			Family/Open Swim 2p-4p			Family/Open 3p-4p			Family/Open Swim 2p-4:00p			Family/ Open Swim 3p-6:30p			Swim Lessons										Ind.	Lap Swim 3p-4:30p			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																				
6p-7p	Ind	Lap Swim 6:30p-8:30p			Ind. Ex.	Lap Swim			Ind	Lap Swim 6:45p-8:30p			Ind. Ex.				Ind	Lap Swim *LG Class 3/8*			Closed				Closed				6p-7p				
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-5:15p				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 (No Practice 3/18)				Swim Team 6p-7:30p				Swim Team 4p-6p				Swim Team 6p-7:30p				Open Kayak 5:15-6:15 & 6:15-7:15				Lap Swim 7:30a-6:30p				Closed				4p-6p
6p-8:30p	Lap Swim 6p-8:30p								Lap Swim								Reg. Required See Below				Closed								6p-8:30p
	Lap Swim				Water Polo 7:30p-8:30p				Lap Swim																				

>>>To register for open kayak please visit 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.



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job opportunities here.**

**Scan to find lifeguard
courses here.**



ymcawnc.org