



Announcements:
There will be significant changes to the schedule April 1-7 due to Spring Break. Including swim lessons occurring in two lanes S Pool 12p-2p M-F

ASHEVILLE YMCA

March 25-31

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-9:20a			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																																																																															
9a-10a	Hydro Burn				Family /Open 8a-9:30a				Hydro Burn				Deep Water Fitness				Swim Lessons (Only) 8:30a-12:30p				Closed								9a-10a																																																		
10a-11a																													Cardio Splash			Cardio Splash			Cardio Splash			Family/Open Swim 9:30a-12:30p																																									
11a-12p	Fluid Movement				Cardio Splash				Family/Open Swim 9:30a-12:30p																																																																						
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.	Lap Swim 12:35p-1:50p			Family/Open Swim 12:30p-4p				Family/Open Swim 1p-3p				12p-1p																																			
1p-2p	Ind. Ex.	Lap 11:10a-1:50p			Ind. Ex.	Lap 11:10a-1:50p					Ind.						Lap Swim 12:35p-1:50p																																																														
2p-3p												Hydro Burn				Family/Open Swim 2p-4p				Hydro Burn			Family/Open Swim 2p-4:00p			Hydro Burn																																																					
3p-4p	Family/Open Swim 3p-6:30p				Swim Lessons (Only) 4p-6:45p						Swim Lessons (Only) 4p-6:45p																					Swim Lessons 4p-6:45p												Lap Swim 4p-8:30p			Family/ Open Swim 3p-6:30p			Swim Lessons			Family/Open Swim 12:30p-4p				Ind.	Lap Swim 3p-4:30p			2p-3p																		
4p-5p																Swim Lessons (Only) 4p-6:45p				Swim Lessons (Only) 4p-6:45p			Swim Lessons 4p-6:45p			Lap Swim 4p-8:30p										Family/ Open Swim 3p-6:30p			Swim Lessons			Family/Open Swim 12:30p-4p																																					
5p-6p																																																													Lap Swim 6:30p-8:30p			Ind. Ex.			Lap Swim			Ind. Ex.			Lap Swim 4p-6:30p			Closed			
6p-7p									Closed					Closed															Closed						Closed																																												
7p-8:30p	Closed			Closed			Closed					Closed							Closed																																																												
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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				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				Lap Swim 1p-4:30p				4p-6p
6p-8:30p	Lap Swim 6p-8:30p								Lap Swim								Reg. Required See Below								Closed				6p-8:30p
									Water Polo 7:30p-8:30p																				

>>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.



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

**Scan to find lifeguard
courses here.**



ymcawnc.org