July Pool Schedule

Black Mountain YMCA

** Pool schedule is subject to change without notice due to staffing and weather **

ALL YMCA WNC centers are closed on July 4th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
Lane #	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Lane #
6–7 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closed	Pool Closed	6–7 AM
7–8 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Closed	Pool Closed	7–8 AM
8–9 AM	Lap Swim / Ind. EX.	Lap Swim / Ind. EX.	Lap Swim / Ind. EX.	Lap Swim / Ind. EX.	Lap Swim / Ind. EX.	ALL Lanes move at 8:50am / Ind. Ex.	Pool Closed	8–9 AM
9–10 Am	Lap Swim (Lanes move at 9:50a) / Ind. EX.	Lap Swim / Ind. EX.	Lap Swim / Ind. EX.	Lap Swim / Ind. EX.	Lap Swim / Ind. EX.	Lessons / Lap Swim @9:40a / Lessons	Pool Closed	9–10 AM
10–11 AM	Hydro Burn deep water	Aqua Tabata	Cardio Splash	Cardio Splash	Cardio Splash	Lessons / Lap Swim @9:40a / Lessons	Pool Closed	10–11 AM
11–12 PM	Lap Swim / Open Swim	Lap Swim / Lessons / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Open Swim	Pool Closed	11–12 PM
12–1 PM	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Open Swim	Open Swim	12–1 PM
1–2 PM	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Open Swim	Open Swim	1–2 PM
2–3 PM	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Pool Closed	Open Swim	2–3 PM
3–4 PM	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Lap Swim / Open Swim	Pool Closed	Lap Swim / Open	3–4 PM
4–5 PM	Lanes move at 5:20p / Lessons	Piranhas / Lessons	Lanes move at 5:20p / Lessons	Piranhas / Lessons	Lap Swim / Open Swim	Pool Closed	Pool Closed	4–5 PM
5–6 PM	Aqua Tabata / Lessons	Piranhas / Open Swim	Cardio Splash 5:30–6:15pm / Lessons	Piranhas / Open Swim	Lap Swim / Open Swim	Pool Closed (During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS)	Pool Closed	5–6 PM
6–7 PM	Piranhas / Lap / Open	@6:45 Lap Swim / Open Swim	Piranhas / Lap / Open	@6:45 Lap Swim / Open Swim	Lap Swim / Open Swim	Pool Closed	Pool Closed	6–7 PM
7–7:30 PM	Piranhas / Lap / Open	Lap Swim / Open Swim	Piranhas / Lap / Open	Lap Swim / Open Swim	Pool Closed	Pool Closed		7–7:30 PM
	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed			
Lane #	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		Lane #

POOL HOURS

Mondays – 6:00a-7:30p
Tuesdays – 6:00a- 7:30p
Wednesdays – 6:00a- 7:30p
Thursdays – 6:00a-7:30p
Fridays – 6:00a –6:30p
Saturdays – 8:00a – 1:30p
Sundays – 1:00p-4:30p

Legend:
- Lap Swim
- Independent Exercise
- Swim Lessons
- Open Swim
- Aqua Fitness
- Swim Team
- Private SL
- SAW School Program

Contact Aquatics Director Helen Barnfather with any questions: hbarnfather@ymcawnc.org

BE A LEADER
BE A LIFEGUARD

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.