



Announcements:
No Swim Lessons July 1st-6th.
CLOSED JULY 4th.

ASHEVILLE YMCA

July 1-7

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	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				Closed				Ind. Ex. Lap Swim 6a-8:20a				Closed				6a-7a											
7a-8a	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-8:20a				Closed				7a-8a											
8a-9a	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-8:20a				Closed				8a-9a											
9a-10a	Hydro Burn				Hydro Burn				Family/Open Swim								Deep Water Fitness				Ind Ex. 7:30a-12:20p				Lap Swim 7:30a-12:20p				Closed							
10a-11a	Hydro Burn				Cardio Splash				Cardio Splash								Family/Open Swim 9:30a-12:30p				Ind Ex. 7:30a-12:20p				Lap Swim 7:30a-12:20p				Closed							
11a-12p	Fluid Movement				Ind. Ex. 11:10a-11:50p				Lap Swim 11:10a-11:50a								Ind. Ex. Lap Swim 11:30a-1:50a				Family/Open Swim 9:30a-12:30p				Ind Ex. 7:30a-12:20p				Lap Swim 7:30a-12:20p				Closed			
12p-1p	Ind. Ex. Lap Swim 11:30a-1:50p				Ind. Ex. 11:10a-11:50p				Lap Swim 11:10a-11:50a								Ind. Ex. Lap Swim 11:30a-1:50a				Ind. Lap Swim 12:35p-1:50p				Family/Open Swim 12:30p-4p				Family/Open 1p-3p				12p-1p			
1p-2p	Ind. Ex. Lap Swim 11:30a-1:50p				Ind. Ex. 11:10a-11:50p				Lap Swim 11:10a-11:50a								Ind. Ex. Lap Swim 11:30a-1:50a				Ind. Lap Swim 12:35p-1:50p				Family/Open Swim 12:30p-4p				Family/Open 1p-3p				1p-2p			
2p-3p	Hydro Burn				Hydro Burn				Hydro Burn								Hydro Burn				Hydro Burn				Family/Open Swim 12:30p-4p				Family/Open 1p-3p				2p-3p			
3p-4p	Family/Open Swim 3p-6p				Family/Open 2:30p-6p				Family/Open 3p-6p								Family/Open 3p-6p				Family/Open Swim 3p-6:20p				Swim Lessons				Lap Swim 3:10p-4:30p				3p-4p			
4p-5p	Family/Open Swim 3p-6p				Family/Open 2:30p-6p				Family/Open 3p-6p								Family/Open 3p-6p				Family/Open Swim 3p-6:20p				Swim Lessons				Lap Swim 3:10p-4:30p				4p-5p			
5p-6p	Family/Open Swim 3p-6p				Family/Open 2:30p-6p				Family/Open 3p-6p								Family/Open 3p-6p				Family/Open Swim 3p-6:20p				Swim Lessons				Lap Swim 3:10p-4:30p				5p-6p			
6p-7p	Ind. Lap Swim 6:10p-8:30p				Ind. Ex. Lap Swim 6:10p-8:30p				Ind. Lap Swim 6:10p-8:30p								Ind. Lap Swim 6:10p-8:30p				Ind. Lap Swim 6:30p-7:30p				Closed				Closed				6p-7p			
7p-8:30p	Ind. Lap Swim 6:10p-8:30p				Ind. Ex. Lap Swim 6:10p-8:30p				Ind. Lap Swim 6:10p-8:30p				Ind. Lap Swim 6:10p-8:30p				Ind. Lap Swim 6:30p-7:30p				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	1	2	3	4	Lane			
6a-8a	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Closed				Lap Swim 6a-5:15p				Closed				6a-8a											
8a-10a	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p								Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Closed				8a-10a							
10a-12p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p								Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Closed				10a-12p			
12p-2p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p								Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				12p-2p			
2p-4p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p								Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 1p-4:30p			
4p-6p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p								Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				4p-6p			
6p-8:30p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p								Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				6p-8:30p			
	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Open Kayak 5:30p-7:15p			
	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Reg. Required See Below			
	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Closed			
	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Lap Swim 6a-5:15p				Closed			

>>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

