



Announcements:
 LG Class July 18th-20th.
 Summer I lessons END July 17th.
 Summer II lessons BEGIN July 22nd.

ASHEVILLE YMCA

July 8-28

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				Ind. Ex. Lap Swim 6a-8:50a				Ind. Ex. Lap Swim 6a-8:20a				Closed				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-8:50a				Ind. Ex. Lap Swim 6a-8:20a				Ind. Lap Swim				Closed				7a-8a				
8a-9a	Ind. Ex. Lap Swim 8a-9:20a				Ind. Ex. Lap Swim 6a-8:50a				Family/Open Swim				Ind. Ex. Lap Swim 6a-8:50a				Ind. Ex. Lap Swim 6a-8:20a				Ind. Lap Swim				Closed				8a-9a				
9a-10a	Hydro Burn				Hydro Burn				Cardio Splash				Hydro Burn				Deep Water Fitness				Swim Lessons 9:15-12:40p				Closed				9a-10a				
10a-11a	Hydro Burn				Cardio Splash				Cardio Splash				Cardio Splash				Family/Open Swim 9:30a-12:30p				Swim Lessons 9:15-12:40p				Closed				10a-11a				
11a-12p	Fluid Movement				Ind. Ex. Lap Swim				Ind. Ex. Lap Swim				Ind. Ex. Lap Swim				Family/Open Swim 9:30a-12:30p				Swim Lessons 9:15-12:40p				Closed				11a-12p				
12p-1p	Ind. Ex. Lap Swim 11:30a-1:50p				Ind. Ex. Lap Swim				Ind. Ex. Lap Swim 11:30a-1:50a				Ind. Ex. Lap Swim				Ind. Ex. Lap Swim				Ind. Lap Swim 12:40p-1:50p				Family/Open Swim 12:50p-4p				Family/Open 1p-3p				12p-1p
1p-2p	Ind. Ex. Lap Swim 11:30a-1:50p				Horizons Swim Lessons 12p-2:30p				Ind. Ex. Lap Swim 11:30a-1:50a				Horizons Swim Lessons 12p-2:30p				Ind. Ex. Lap Swim				Ind. Lap Swim 12:40p-1:50p				Family/Open Swim 12:50p-4p				Family/Open 1p-3p				1p-2p
2p-3p	Hydro Burn				Family/Open 2:30p-4p				Hydro Burn				Ind. Ex. Lap Swim				Hydro Burn				Family/Open Swim 12:50p-4p				Family/Open 1p-3p				2p-3p				
3p-4p	Family/Open Swim				Family/Open 2:30p-4p				Family/Open 3p-4p				Ind. Ex. Lap Swim				Family/Open Swim 3p-6:30p				Swim Lessons				Lap Swim 3:10p-4:30p				Lap Swim 3:10p-4:30p				3p-4p
4p-5p	Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open Swim 4p-6:30p				Family/Open Swim 3p-6:30p				Swim Lessons				Ind. Ex. Lap Swim 4:10-6:30p				Closed				4p-5p
5p-6p	Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open Swim 4p-6:30p				Family/Open Swim 3p-6:30p				Swim Lessons				Ind. Ex. Lap Swim 4:10-6:30p				Closed				5p-6p
6p-7p	Ind. Lap Swim 6:45p-8:30p				Ind. Ex. Lap Swim				Ind. Lap Swim 6:45p-8:30p				Ind. Ex. Lap Swim				Ind. Lap Swim 6:30p-7:30p				Closed				Closed				Closed				6p-7p
7p-8:30p	Ind. Lap Swim 6:45p-8:30p				Ind. Ex. Lap Swim				Ind. Lap Swim 6:45p-8:30p				Ind. Ex. Lap Swim				Ind. Lap Swim 6:30p-7:30p				Closed				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				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Lap Swim 7:30a-6:30p LG Class 7/20 2 Lanes 12:30p-5p				Closed				Closed				6a-8a
8a-10a	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Lap Swim 7:30a-6:30p LG Class 7/20 2 Lanes 12:30p-5p				Closed				Closed				8a-10a
10a-12p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Lap Swim 7:30a-6:30p LG Class 7/20 2 Lanes 12:30p-5p				Closed				Closed				10a-12p
12p-2p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Lap Swim 7:30a-6:30p LG Class 7/20 2 Lanes 12:30p-5p				Lap Swim 1p-4:30p				Lap Swim 1p-4:30p				12p-2p
2p-4p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Lap Swim 7:30a-6:30p LG Class 7/20 2 Lanes 12:30p-5p				Lap Swim 1p-4:30p				Lap Swim 1p-4:30p				2p-4p
4p-6p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Lap Swim 7:30a-6:30p LG Class 7/20 2 Lanes 12:30p-5p				Lap Swim 1p-4:30p				Lap Swim 1p-4:30p				4p-6p
6p-8:30p	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Open Kayak 5:30p-7:15p				Closed				Closed				6p-8:30p
	Lap Swim 6a-8:30p				Lap Swim 6a-8:30p				Lap Swim 6a-7:20p				Lap Swim 6a-8:30p LG Class 7/18 2 Lanes 5-6pm				Lap Swim 6a-5:15p				Open Kayak 5:30p-7:15p				Closed				Closed				6p-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.



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BE A LIFEGUARD**

GUARD

NOW HIRING LIFEGUARDS

**Help people stay safe and confident
around water as a YMCA lifeguard!**

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