



# August Pool Schedule

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

## Black Mountain YMCA

**Pool Deck closed  
August 22nd  
through  
September 1st**

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	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 Lanes move at 9:50a	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	Hydro Burn deep water					Aqua Tabata					Cardio Splash					Cardio Splash					Cardio Splash					Lap Swim @9:40a					Lessons	Pool Closed					9-10 AM					
10-11 AM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Pool Closed					10-11 AM	
11-12 PM	Open Swim					Lessons					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Pool Closed					11-12 PM	
12-1 PM	Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Open Swim					12-1 PM	
1-2 PM	Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Open Swim					1-2 PM	
2-3 PM	Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Pool Closed					2-3 PM	
3-4 PM	Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Lap Swim					Open	3-4 PM
4-5 PM	Lanes move at 5:20p	Lessons				Lap Swim	Lessons				Lap Swim	Lessons				Lap Swim	Lessons				Lap Swim	Lessons				Lap Swim	Open Swim				During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS					Pool Closed					4-5 PM	
5-6 PM	Aqua Tabata					Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Pool Closed					5-6 PM	
6-7 PM	Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Pool Closed					6-7 PM	
7-7:30 PM	Lap Swim	Open				Lap Swim	Open				Lap Swim	Open				Lap Swim	Open				Lap Swim	Open				Pool Closed					Pool Closed					7-7:30 PM						
	Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					Announcements:						
	Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					The Pool and Spa will be closed August 22nd through September 1st for our annual cleaning and maintenance.						

Lap Swim	Independent Exercise	Swim Lessons	Open Swim
Group Ex	Swim Team	Specialty	Safety Around Water

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