

September 1st-7th Pool Schedule ** Pool schedule is subject to change without notice due to staffing and weather **

The Pool Schedule changes September 8th

Black Mountain YMCA

Time Monday			Тира	Tuesday Wednesday			Thursday		Frida		Saturday	Sunday	Time
Lane #						1 2 3 4 5		1 2 3 4 5		4 5	1 2 3 4 5		Lane #
6-7 AM	Lap			Lap		Lap		Lap		p	Pool	, 1 2 3 4 3	6-7 AM
7-8 AM	Swim			Swim		Swim		Swim		m	Closed		7-8 AM
8-9 AM	Lap Swim	. EX.	Lap Swim	. EX.	Lap Swim	. EX.	Lap Swim	. EX.	Lap Swim	. EX.	Lap		8-9 AM
9-10 Am	Lanes move at 9:50a	Ind.		Ţ		Ind.		Ind.		Ind		Pool Closed	9-10 AM
10-11 AM	Hydro Burn deep water		Aqua Tabata		Cardio Splash		Cardio Splash		Cardio Splash		Lanes move at 10:50a		10-11 AM
11-12 PM		ار	ے	ر	(ر	_	ر	l	_	Open		11-12 PM
12-1 PM	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim		12-1 PM
1-2 PM			S									Open	1-2 PM
2-3 PM	Lap	Open	ap	Open	Lap	Open	-ap	Open	Lap	Open	Pool	Swim	2-3 PM
3-4 PM)		O)))	Closed	Swim Open	3-4 PM
4-5 PM	Lanes		E	E	Lanes		Е	wim	n T	en			4-5 PM
5-6 PM	move at 5:20p	а	Swi	Swim	move at 5:20p Cardio S	plash	Swi	Swi	Lap Swin		During Group SL we will have Adult DEEP END ONLY Ind. Ex.	POOL	5-6 PM
6-7 PM	Taba	ita	ap 6	en	5:30-6:3	15pm	ap S	Open			NO RAMP ACCESS	1 2 3 4 5	6-7 PM
7-7:30 PM	Lap Swim	Open		Ope	Lap Swim	Ope	La	dO	0			Welcome Announcen	
	Pool Closed		P.o	Pool Closed		Pool Closed		Pool Closed		ol sed		The Pool Sche change Augus	dule will t 8th to
												account for swim swim lessons. Ple our website s updated scho	ease check oon for
Lane #	1 2 3	4 5	1 2 3	3 4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3 4 5		
Lane #	1 2 3									7 3			
			Lap Swi		Independent Exercise			Swim Lessons			Open Swim		
			Group I	X	Swim Team			Specialty S			Safety Around Wa	ter	