



# August 26-Sept 1

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

## Asheville YMCA

On Monday, Sept 2nd (Labor Day)  
Pool closes at 3:30pm

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
6-7 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				Closed				6-7 AM				
7-8 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				Closed				7-8 AM				
8-9 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Ind. Ex.	Lap Swim				Closed				9-10 AM			
10-11 AM	Hydro Burn				Cardio Splash				Cardio Splash				Cardio Splash				Open Swim					Lap Swim				Closed				10-11 AM			
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Open Swim				Ind. Ex.	Lap Swim				Closed				11-12 PM			
12-1 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind.	Lap Swim				Open Swim				Open Swim				12-1 PM			
1-2 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Open Swim				Open Swim				1-2 PM				
2-3 PM	Hydro Burn				Ind. Ex.	Lap Swim			Hydro Burn				Ind. Ex.	Lap Swim			Hydro Burn				Open Swim				Open Swim				2-3 PM				
3-4 PM	Open Swim					Lap Swim			Open Swim					Lap Swim			Open Swim				Open Swim				Lap Swim				3-4 PM				
4-5 PM	Open Swim				Lap Swim			Open Swim				Lap Swim			Open Swim				Ind. Ex.	Lap Swim			Open Swim				Open Swim				4-5 PM		
5-6 PM	Open Swim				Lap Swim			Open Swim				Lap Swim			Open Swim				Ind. Ex.	Lap Swim			Open Swim				Open Swim				5-6 PM		
6-7 PM	Ind.	Lap Swim			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Closed				Closed				6-7 PM				
7-8:30 PM	Ind.	Lap Swim			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Closed				Closed				7-8:30 PM				

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
6-8 AM	Closed				Closed				Closed				Closed				Closed				Closed				Closed				6-8 AM				
8-10 AM	Closed				Closed				Closed				Closed				Closed				Closed				Closed				8-10 AM				
10-12 PM	Closed				Closed				Closed				Closed				Closed				Closed				Closed				10-12 PM				
12-2 PM	Closed				Closed				Closed				Closed				Closed				Closed				Closed				12-2 PM				
2-4 PM	Closed				Closed				Closed				Closed				Closed				Closed				Closed				2-4 PM				
4-6 PM	Closed				Closed				Closed				Closed				Closed				Closed				Closed				4-6 PM				
6-8:30 PM	Closed				Closed				Closed				Closed				Closed				Closed				Closed				6-8:30 PM				

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://ymcawnc.org/programs-search)<<

Lap Swim	Independent Exercise	Swim Team	Open Swim
Group Ex	Swim Lessons	Specialty	

Contact Aquatics Director Emily McGlynn with any questions: [emcglynn@ymcawnc.org](mailto:emcglynn@ymcawnc.org)

Please note that our pools are shared by programs, classes, families, and all our members. This pool schedule is subject to change without notice due to programs, weather, maintenance, staffing, and/or special events.

