



October 1st-31st

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

**Pumpkin Plunge:
Sunday 10/27**

Asheville YMCA

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			Ind.	Lap Swim			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			Ind.	Lap Swim			Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Swim Lessons				Closed				9-10 AM				
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons				Closed				10-11 AM				
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Fluid Movement				Swim Lessons				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				Open Swim				Hydro Burn				Hydro Burn				Hydro Burn				Open Swim				Open Swim				2-3 PM				
3-4 PM	Open Swim				Open Swim				Open Swim				Open Swim				Open Swim				Open Swim				Lap Swim				3-4 PM				
4-5 PM	Open Swim				Swim Lessons				Swim Lessons				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Closed				4-5 PM				
5-6 PM	Open Swim				Swim Lessons				Swim Lessons				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Closed				5-6 PM				
6-7 PM	Ind. Ex.	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. Ex.	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	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Closed				6-8 AM				
8-10 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				8-10 AM				
10-12 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				10-12 PM				
12-2 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				12-2 PM				
2-4 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				2-4 PM				
4-6 PM	Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				4-6 PM				
6-8:30 PM	Lap Swim				Swim Team				Lap Swim				Swim Team				Swim Team				Open Kayak				Closed				Closed				6-8:30 PM
	Lap Swim				Lap Swim				Water Polo				Lap Swim				Lap Swim				Reg. Required				Closed				Closed				
	Lap Swim				Lap Swim				Water Polo				Lap Swim				Lap Swim				See Below				Closed				Closed				

>>To register for open kayak please visit 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

Lifeguard Class taking place 10/21-10/26. May take up to 2 lanes within hours posted. No children permitted in Independent Ex. Lanes without prior permission from Aquatics Director.

