

October 1st-31st

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

Pumpkin Plunge: Sunday 10/27

Asheville YMCA

										Pool						
Time	Mon		Tu	esday			esday		nurs	sday		Friday	S	aturday	Sunday	Time
Lane	1 2	3 4	1	2 3 4	1 1	2	3 4	1	2	3 4	1	2 3 4	1	2 3 4	1 2 3 4	Lane
6-7 AM	. Lap		Lap Swim		na.	Lap Swim 6a-9:20a Open Swim		上ap Swim ・ 6a- 8:50a		Ex.	Lap Swim	Closed			6-7 AM	
7-8 AM		Swim Until 9:20a		PuI Until 8:50a						Ind.	6a-8:20a	Lap Swim	7-8 AM			
8-9 AM	9							Ш			D	eep Water Fitness	Swim Lessons		Closed	8-9 AM
9-10 AM 10-11	Hydro Burn Fluid Movement		Нус	- +	Hydro Burn Fluid Movement			Hydro Burn		Ca	rdio Splash	9-10 AM 10-11				
AM 11-12			Card				Cardio Splash		Flui	d Movement	(Oı	nly) 8:30a- 12:25p	AM 11-12			
PM 12-1 PM		Swim			Ex.	Lap	Swim				q	Lap Swim				PM 12-1 PM
1-2 PM	- 11:30 1:50	:30a- :50p	Ex.	Swir	Ind.	11:30a- 1:50p	Ind. Ex.		Lap Swim	11:30- 1:50p		Open	1-2 PM			
2-3 PM	Hydro	Burn	Ope	n Swim	Н	ydro	Burn				Ну	/dro Burn		pen Swim 2:50p-4p	Swim	2-3 PM
3-4 PM	Open Swim 3p-6:00p		2p-4:00p Swim Lessons (Only) 4p- 6:35p			Open Swim 3p- 4:00p Swim Lessons (Only) 4p- 6:35p Lap Swim 6:45p-		On	Open Swim 3p-6:20p (LG class 4p- 8:30p 9/26) Ind. Lap Ex. Swim					Lap Swim 3:10p-4:30p	3-4 PM	
4-5 PM								3			Open Swim 3p-6:20p	Х Lap Swim 9 4:10- 6:30p		4-5 PM		
5-6 PM					(3p 0.20p			5-6 PM		
6-7 PM 7-8:30	ы Б	- 6.10n		Ind Lap Ex. Swim							Ind	Lap Swim	Closed		Ciosed	6-7 PM 7-8:30
PM	I).50p	LA.	OWIII		8	3:30p					Closed				PM
Time	Mar		T.		Lvaz	- d				Pool	1	Fuiday.		d	Cundou	l Time o
Time Lane		1 day	1	iesday 2 3 4		1 2	esday 3 4		7 I	sday 3 4	1	Friday 2 3 4	1	aturday 2 3 4	Sunday 1 2 3 4	Time Lane
6-8 AM				21312		12	314			314		21314	C	Closed	1121314	6-8 AM
8-10 AM		Lap Swim until 4:00p (LG class 4p- 8:30p		Lap Swim (LG class 4p- 8:30p		Lap						Closed	8-10 AM			
10-12 PM						Swim (LG class 4p-		Lap Swim (LG class 4p- 8:30p 10/24)		Lap Swim (LG class 4p- 7:30p 10/25)	Lap Swim 7:30a- 6:30p (LG class 8a-2p 10/26)		10-12 PM			
12-2 PM	class					0.20-							cl	12-2 PM		
2-4 PM	10/21)		10/22)										O see Messel		2-4 PM	
4-6 PM	Swim Team 4:00p-6:00p														4-6 PM	
6-8:30 PM		_ap Swim 6:00p- 8:30p		Swim Team 6:00p-7:30p Lap Swim				Swim Team 6:00p-7:30p Lap Swim		Open Kayak 5:30p-7:15p Reg. Required See Below		Closed		Closed	6-8:30 PM	
	>>	To red			_				_		_		/pr	ograms-s	search<<	-
-			ap Sı				pende					Swim Tea	_		Swim	

Contact Aquatics Director Emily McGlynn with any questions: emcglynn@ymcawnc.org

Specialty

Swim Lessons

Group Ex

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.