



September 8th-30th Pool Schedule

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

Black Mountain YMCA

Swim lessons and Piranhas practice has started!

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	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			7-8 AM
8-9 AM	Lap Swim Lanes move at 9:50a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	ALL Lanes move at 8:50a		8-9 AM
9-10 AM	Ind. EX.	Ind. EX.	Ind. EX.	Ind. EX.	Ind. EX.	Lesson		9-10 AM
10-11 AM	Hydro Burn deep water	Aqua Tabata	Cardio Splash	Cardio Splash	Cardio Splash	Lap Swim @9:40a		10-11 AM
11-12 PM	Lap Swim	Lessons	Lap Swim	Lap Swim	Lap Swim	Open Swim		11-12 PM
12-1 PM		Open Swim						Open Swim
1-2 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	1-2 PM
2-3 PM								Open Swim
3-4 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Pool Closed	3-4 PM
4-5 PM								Open Swim
5-6 PM	Lanes move at 5:20p	Piranhas	Lanes move at 5:20p	Piranhas	Lap Swim	During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS	Pool Closed	5-6 PM
6-7 PM	Aqua Tabata	Open Swim	Cardio Splash 5:30-6:15pm	Open Swim	Open			6-7 PM
7-7:30 PM	Piranhas	Lap Swim	Piranhas	Lap Swim	Pool Closed	1 2 3 4 5		Welcome Back! Announcements: Due to swim lessons and Piranhas practice, lane availability will be limited in the afternoons.
	Lap	Open	Open	Open	Pool Closed			
	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed			
	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed			

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

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