

## September 16th-Sept 30th

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

Piranhas swim team practice begins Monday, 9/9

## **Asheville YMCA**

											Pool						
Time	M	onday		Tues	sday			esday		nurs	sday		Friday		Saturday	Sunday	Time
Lane	1	2   3   4	1 1	_ 2	3   4	1	2	3   4	11	2	3 4	1	2   3   4	1	2 3 4	1 2 3 4	Lane
6-7 AM					Lap		Lar	Swim				· .					6-7 AM
	Ä.	Lap	Ϋ́	<b>`</b>	Swim			-9:20a			Swim	úì	Lap Swim		Closed		
7-8 AM	-	Swim	Ind		Until		Va	-9.20a	Ind.		6a-	Ind.	6a-8:20a		Law Color		7-8 AM
8-9 AM	Ind	Until	1	,	3:50a	Or	en		Г	8	:50a			puI	Lap Swim		8-9 AM
0-9 AM		9:20a	ш		3.30a		/im		ш			D	eep Water				0-9 AM
9-10 AM		_		Hydro Burn						Hydro Burn		Fitness		Swim Lessons (Only) 8:30a- 12:25p	Closed	9-10 AM	
10-11	Hy	Hydro Burn		Caralta Calada			Cardio Splash			Cardia Calach		Open Swim	10-11				
AM	Fluid	Fluid Movement		Cardio Splash			Fluid		Car	Cardio Splash			AM				
11-12	Tiulu	Pioverner				M	1ove	ment				9:3	30-12:30p		12:25b		11-12
PM	×	Lap Swir		nd.	Lap	Ä.	∴ Lap Swim							PM			
12-1 PM	ш.						11.30a-	Inc	d.	Lap	Lap Swim				12-1 PM		
1-2 PM	$\overline{\mathcal{O}}$	1:50p			Swim	pu:	1:50p	Ex	Ex.	Swim	12:40-		Open	1-2 PM			
			_								1:50p			Open Swim			
2-3 PM	Hyd	Hydro Burn		Open Swim 2p-4:00p		H	Hydro Burn Open Swim 3p-					Hy	Hydro Burn	12:50p-4p	Swim	2-3 PM	
3-4 PM						Ор								Lap Swim	3-4 PM		
3-4 PM		Open Swim 3p-6:00p		Swim Lessons (Only) 4p-		4:00p			Open Swim			Open Swim 3p-6:20p			3:10p-4:30p	3-4 PM	
4-5 PM						Swim Lessons (Only) 4p-		3p-6:20p (LG class 4p-		Lap Swim 4:10-	4-5 PM						
5-6 PM								8:3	8:30p 9/26)			· 4:10- 6:30p	Closed	5-6 PM			
6-7 PM	ËX.	¿ Lap Swim	1_	6:35p			6:35p							д 0.50р	6-7 PM		
7-8:30	ш	6:10p-		Ind	Lap	Ind	Lap Swim 6:45p- 8:30p	Inc	<b>1</b> .	Lap Swim	Lap Swim	Closed		7-8:30			
7-6:30 PM	Ind	8:30p		Ex.	Swim	占		Ex.	i			Closed	Clos	Closed		7-6:30 PM	
									No	rth	Pool						•
Time	M	londay		Tue	sday		edn	esday		hur	sday		Friday	S	Saturday	Sunday	Time
Lane	1	2 3 4	1 1	12	1314	1	2	3   4	11	2	3   4	1	2 3 4	1	2   3   4	1   2   3   4	Lane
6-8 AM															Closed		6-8 AM
0 0 7 1																	0 0 7 1
8-10 AM		Lap															8-10 AM
0-10 AM	S	Swim					La	ap								Closed	0-10 AM
10-12		until		La	ар	C		n (LG		La	an		Lap		Lap		10-12
PM													Swim		Swim		PM
	4:0	00р (ц			/im	0.		4p-			n (LG		G class 4p-				
12-2 PM		ass 4p-			ass 4p-	8:	sup	9/25)			4p-		30p 9/27)	/	7:30a-		12-2 PM
	8:3	0p 9/23	) 8	:30p	9/24)				8:3	Up	9/26)			6:	30p (LG	Lap Swim	
2-4 PM													class 8a-2p	3:10p-	2-4 PM		
												9/28)	4:30p				
4-6 PM		im Team					Swim Team								1.50p	4-6 PM	
	4:0	0p-6:00p				4	4:00p-6:00p					Open Kayak					
6 0 30				Swim Team		Lap Swim 6:00p-		Sv	Swim Team		5:30p-7:15p				Closed	6 0 30	
6-8:30 PM		Swim 6:00 8:30p			-7:30p			2 <mark>0p</mark> r Polo			-7:30p		g. Required		Closed	Closed	6-8:30 PM
PIVI		0.50p		Lap	Swim			-8:30p	L	ap S	Swim		g. Required See Below				FIVI
	>	>>To r	egis											/pr	ograms-s	search<<	
1	<u> </u>			Swi	_			pende					Swim Te	_		Swim	
				5		_		.penae			. 5.56		Chasial		O P S I I		

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

Specialty

Swim Lessons

Group Ex

Lifeguard Class taking place 9/23-9/28. May take up to 2 lanes within hours posted. No children permitted in Independent Ex. Lanes without prior permission from Aquatics Director.