



# September Pool Schedule

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

## Hendersonville Family YMCA

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	1	2	3	4	5	Lane #															
5:30-6 AM	Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					YMCA Closed					SPA AREA CLOSED until 8 a.m. Wednesday's and Saturdays for cleaning					5:30-6 AM																				
6-7 AM	Lap Swim					Lap Swim					Lap Swim					Lap swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					6-7 AM															
7-8 AM	Lap Swim					Lap Swim					Lap Swim					Lap swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					7-8 AM															
8-9 AM	Open					Lap Swim					Lap Swim					Lap swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					8-9 AM															
9-10 AM	Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Aqua Tabata					Swim Lessons 9/4-10/26/2024					Lap Swim					9-10 AM															
10-11 AM	Cardio Splash					Aqua Tabata					Cardio Splash					Hydro Burn					Cardio Splash					Cardio Splash					Lap Swim					Lap Swim					10-11 AM															
11-12 PM	Fluid Movement					Lap Swim					Fluid Movement					Lap Swim					Fluid Movement					Fluid Movement					Lap Swim					Lap Swim					11-12 PM															
12-1 PM	Independent Exercise					Independent Ex.					Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					Open Swim					Lap Swim					12-1 PM															
1-2 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Hydro Burn					1-2 PM															
2-3 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Lap Swim					2-3 PM															
3-4 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim					Lap Swim					3-4 PM															
4-5 PM	Swim Lessons					Lap Swim					Piranhas					Open Swim					Lap Swim					Swim Lessons					Piranhas					Lap Swim					Piranhas					4-5 PM										
5-6 PM	Swim Lessons					Lap Swim					Piranhas					Open Swim					Lap Swim					Swim Lessons					Piranhas					Lap Swim					Piranhas					5-6 PM										
6-7 PM	Lap Swim					Piranhas					Hydro Burn					Lap Swim					Piranhas					Hydro Burn					Open Swim					Lap Swim					Lap Swim					Lap Swim					6-7 PM					
7-8 PM	Lap Swim					Piranhas					Open Swim					Lap Swim					Piranhas					Open Swim					Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					7-8 PM
8-9 PM	Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					8-9 PM
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	1	2	3	4	5	1	2	3	4	5	Lane #										
	Lap Swim					Independent Exercise					Swim Lessons					Open Swim																																								
	Group Ex					Swim Team					Specialty																																													

Contact Aquatics Manager Tiffany Dockery with any questions: [tdockery@ymcawnc.org](mailto:tdockery@ymcawnc.org)



