



October Pool Schedule

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

Black Mountain 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 #										
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					Pool Closed					Pool Closed					7-8 AM															
8-9 AM	Lap Swim		Ind. EX.			Lap Swim		Ind. EX.			Lap Swim		Ind. EX.			Lap Swim		Ind. EX.			Lap Swim		Ind. EX.			ALL Lanes move at 8:50a		Ind. EX.			Pool Closed					8-9 AM															
9-10 AM	Lanes move at 9:50a		Ind. EX.			Lap Swim		Ind. EX.			Lap Swim		Ind. EX.			Lap Swim		Ind. EX.			Lap Swim		Ind. EX.			Lesson		Lessons			Pool Closed					9-10 AM															
10-11 AM	Hydro Burn deep water					Aqua Tabata					Cardio Splash					Cardio Splash					Cardio Splash					Lap Swim @9:40a		Lessons			Pool Closed					10-11 AM															
11-12 PM	Lap Swim					Open Swim					Lessons					Lap Swim					Open Swim					Lap Swim					Open Swim					Open Swim					Pool Closed					11-12 PM					
12-1 PM	Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Open Swim					Pool Closed					12-1 PM
1-2 PM	Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Open Swim					Pool Closed					1-2 PM
2-3 PM	Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Open Swim					Pool Closed					2-3 PM
3-4 PM	Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Lap Swim					Open Swim					Open Swim					Pool Closed					3-4 PM
4-5 PM	Lanes move at 5:20p		Lessons			Piranhas		Open Swim			Lanes move at 5:20p		Lessons			Piranhas		Open Swim			Lap Swim		Open			During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS		Lap Swim			Open		Pool Closed					4-5 PM													
5-6 PM	Aqua Tabata					Piranhas					Cardio Splash 5:30-6:15pm					Piranhas					Lap Swim					Open					Lap Swim					Open					Pool Closed					5-6 PM					
6-7 PM	Piranhas		Lap			Open			Aqua Tabata		Lap Swim		Open Swim			Piranhas		Open			Lap Swim		Open			During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS		Lap Swim			Open		Pool Closed					6-7 PM													
7-7:30 PM	Piranhas		Lap			Open			Aqua Tabata		Lap Swim		Open Swim			Piranhas		Open			Lap Swim		Open			During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS		Lap Swim			Open		Pool Closed					7-7:30 PM													
	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

Welcome Back!
Announcements:
 Due to swim lessons and Piranhas practice, lane availability will be limited in the afternoons.