



November 2nd-8th

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

WNC Strong

Asheville YMCA

South Pool																																	
Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time				
Lane	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Lane
6-7 AM	Ind. Ex.	Lap Swim Until 9:20a			Ind. Ex.	Lap Swim Until 8:50a			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Ind. Ex.	Lap Swim 7a-8:50a			Closed				6-7 AM				
7-8 AM																													7-8 AM				
8-9 AM									Open Swim								Deep Water Fitness												8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Cardio Splash				Swim Lessons (Only) 9:00a-12:25p								9-10 AM				
10-11 AM	Fluid Movement				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons (Only) 9:00a-12:25p								10-11 AM				
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Fluid Movement				Swim Lessons (Only) 9:00a-12:25p								11-12 PM				
12-1 PM	Ind. Ex.	Lap Swim 11:30a-1:50p			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim 11:30a-1:50p			Ind. Ex.	Lap Swim			Ind.	Lap Swim 11:30-1:50p			Open Swim 12:25-4p				Open Swim				12-1 PM				
1-2 PM																					Open Swim 12:25-4p				Open Swim				1-2 PM				
2-3 PM	Hydro Burn				Open Swim 2p-4:00p				Hydro Burn								Hydro Burn				Open Swim 12:25-4p				Open Swim				2-3 PM				
3-4 PM	Open Swim 3p-4:00p				Open Swim 2p-4:00p				Open Swim 3p-4:00p				Open Swim 3p-5:15p				Open Swim 3p-6:20p				Open Swim 12:25-4p				Lap Swim 3:10p-4:30p				3-4 PM				
4-5 PM	Closed 3:45p-8:30p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Open Swim 3p-5:15p				Open Swim 3p-6:20p				Ind. Ex.	Lap Swim 4:10-6:30p			Closed				4-5 PM				
5-6 PM																													5-6 PM				
6-7 PM													Ind. Ex.	Lap Swim			Ind.	Lap Swim			Closed				Closed				6-7 PM				
7-8:30 PM									Ind.	Lap Swim 6:45p-8:30p			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Closed				Closed				7-8:30 PM				

North Pool																																					
Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				Time								
Lane	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Lane				
6-8 AM	Lap Swim 6a-6:00p				Lap Swim 6a-8:30p				Lap Swim 6a-7:15p				Lap Swim 6a-10:45a				Closed				Lap Swim 7:30a-6:30p				Closed				6-8 AM								
8-10 AM																													Closed				Closed				8-10 AM
10-12 PM																													Closed								Closed
12-2 PM													Closed				Lap swim 11:15-5:30p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				12-2 PM								
2-4 PM																	Lap swim 11:15-5:30p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				2-4 PM								
4-6 PM																					Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				4-6 PM								
6-8:30 PM	Swim Team 6p-8:30p												Lap swim 4:15-8:30p				Open Kayak 5:30p-7:15p								Closed				6-8:30 PM								
									Water Polo 7:30p-8:30p								Reg. Required See Below								Closed												

>>To register for open kayak please visit ymcawnc.org/programs-search<<

Lap Swim	Independent Exercise	Swim Team	Open Swim
Group Ex	Swim Lessons	Specialty	

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

Schedule Subject to Change Based on Lifeguard Availability
To Apply visit ymcawnc.org/careers

