



# November 18th-24th

\*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			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				6-7 AM				
7-8 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				7-8 AM				
8-9 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Swim Lessons				Open Swim				Closed				9-10 AM
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons				Open Swim				Closed				10-11 AM
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Fluid Movement				Swim Lessons				Open Swim				Closed				11-12 PM
12-1 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Open Swim				Open Swim				12-1 PM
1-2 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Open Swim				Open Swim				1-2 PM
2-3 PM	Hydro Burn				Open Swim				Hydro Burn				Open Swim				Hydro Burn				Open Swim				Open Swim				Open Swim				2-3 PM
3-4 PM	Open Swim				Open Swim				Open Swim				Open Swim				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Closed				3-4 PM
4-5 PM	Open Swim				Swim Lessons				Swim Lessons				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Closed				4-5 PM				
5-6 PM	Open Swim				Swim Lessons				Swim Lessons				Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				5-6 PM								
6-7 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				6-7 PM				
7-8:30 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			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				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				6-8 AM				
8-10 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				8-10 AM				
10-12 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				10-12 PM				
12-2 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				12-2 PM				
2-4 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				2-4 PM				
4-6 PM	Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Open Kayak				Lap Swim				Closed				4-6 PM				
6-8:30 PM	Enka Swim Team				Piranhas Swim Team				Lap Swim				Piranhas Swim Team				Open Kayak				Lap Swim				Closed				6-8:30 PM				
	Enka Swim Team				Piranhas Swim Team				Lap Swim				Piranhas Swim Team				Open Kayak				Lap Swim				Closed								

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://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](mailto:emcglynn@ymcawnc.org)

Schedule Subject to Change Based on Lifeguard Availability  
To Apply visit [ymcawnc.org/careers](http://ymcawnc.org/careers)