

Time

Lane 6-7 AM

7-8 AM

8-9 AM

9-10 AM

10-11 AM

11-12

ΡM

12-1 PM

1-2 PM

2-3 PM

3-4 PM 4-5 PM

5-6 PM

6-7 PM

7-8:30

ΡM

Time

## November 18th-24th

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

WNC Strong

	MICA					Ash	ev	ille	e YN	10	A										
							Soι	uth I	Pool												
	Monday		Tuesd	-	We	ednesday	Th	nursc	lay		Frid	-	S	atu	rday		S	Sunda	ay		Time
	1 2 3	4	1 2 3	3   4	1	2 3 4	1	2 ] 3	3   4	1	2	3 4	1	2	3	4	1	2 3	3	4	Lane
	. Lap		$\sim$	ар	~ ^	Lap Swim	Ex.	Lap S	Swim	Ex.	Lap	o Swim	Ex.								6-7 AM
	Swin		Ind. E		┘┐╙	6a-9:20a	Ind. E		a-	Ind.		-8:20a	Ind. E		o Swi -8:5(						7-8 AM
	Pure Until 9:20a		8:5		Op Sw		L.	8::	50a		eep '	Water	Ir								8-9 AM
1	Hydro Burn		Hydro Burn				Hydro Burn				Fitn						(	Closed			9-10 AM
			Cardio S	nlash	Hy	dro Burn	Car	dio S	plash	Cardio Splash			Sw	vim sons						ľ	10-11
-	Fluid Moveme			Fluid Movement					Fluid Movement			9:0	0a -	Swi						AM 11-12	
	St Lan Cur	ine			3								12:	25p							PM
1	11.30			Lap Swim	<u> </u>	Lap Swim 11:30a-	Inc	d.	Lap	Ind		o Swim 1:30-									12-1 PM
	1:50p				Ind.	1:50p	Ex		Swim	Ι	1	:50p	Onen		n Swim		Open Swir			1-2 PM	
1	Hydro Bur	3 4 ap wim Jntil 20a Burn wement Swim 30a- 50p Burn Burn Market Swim Cap Swim Autor	Open S	en Swim Hydro						Ну	/dro	Burn			:35-4p						2-3 PM
Hydro Burn			2p-4:0	)0p	Оре	en Swim 3p- 4:00p	Open Swim										Lap Sw				3-4 PM
	Open Swim 3 6p	3 <b>p</b> -	Swim		Swim		3p	o- <b>5:</b> 1	15p	Open Swim 3p-6:00p			ex.	Lap	ap Swim		4:		80p		4-5 PM
			Lessons (Only) 4p-		Lessons (Only) 4p-								Ind e		:10-						5-6 PM
	Ind. Lap		6:35p		6:35p			d.	Lap Swim	면 ္ Lap Swim		o Swim		6:30p			Closed			6-7 PM	
				Lap Swim	DUI	6:45p- 8:30p					Clos			Clo	sed						7-8:30 PM
						0.30p	No	rth F	Pool		<u>C10</u>	Jeu									1 1 1
2	Monday	Т	Tuesd	lay	We	ednesday	Thursday				Frid	lay	S	atu	rday	,	S	unda	y		Time
	1 2 3	1	1 2 3	3 1	1	2 3 1	1	2	3 1	1	2	3 1	1	2	2	Λ	1	2 3	2	Λ	Lano

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	Lane
6-8 AM																													6-8 AM
8-10 AM																									С	lo	se	d	8-10 AM
10-12 PM		p S -4:			La	ap S	Swi	m			Swi :00		La	ар	Swi	m			Swi 30a		La	ap S	Swi	m					10-12 PM
12-2 PM					6	a-6	:00	)p						6a	-6p			5:	15p				0a 30p						12-2 PM
2-4 PM																											Swi •:30		2-4 PM
4-6 PM		iran im <sup>-</sup>							Pira	anha Te	is Sv am	vim																	4-6 PM
6-8:30 PM	En	ka S eam	Swi	m	Sv	vim	nha Tea	am		7:3	vim 6 30p r Polo		S١	vim	inha Tea	m	5:	30p	Kay 0-7:1 Regui	5p				d _	С	lo	se	d	6-8:30 PM
		8:3		ro	7.	30n.	-8.3	Ωn	7.	30n	-8:30	)n	7.	30n	visit	On	c	See	Belov	N			se(			ch			

open kayak please visit yincawiic.org/programs

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