



January Pool Schedule

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

*Please note holiday closures and lifeguard course

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 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Closed				Closed				6-7 AM				
7-8 AM	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Ind	Lap Swim 7:30-8:20a			Closed				7-8 AM				
8-9 AM	Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Open Swim	Open Swim			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Ind	Lap Swim 7:30-8:20a			Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Swim Lessons (Only) 8:30a-11:55a				Closed				9-10 AM				
10-11 AM	Fluid Movement				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Fluid Movement				Swim Lessons (Only) 8:30a-11:55a				Closed				10-11 AM
11-12 PM	Fluid Movement				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Fluid Movement				Swim Lessons (Only) 8:30a-11:55a				Closed				11-12 PM
12-1 PM	Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:10a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:10a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Open Swim 12p-3:30p				Open Swim 1p-3p				12-1 PM
1-2 PM	Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:10a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:10a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Open Swim 12p-3:30p				Open Swim 1p-3p				1-2 PM
2-3 PM	Hydro Burn				Open Swim 2p-4p				Hydro Burn				Open Swim 2p-5:30p				Hydro Burn				Open Swim 3p-6p				Lap Swim 3:10p-4:30p				Lap Swim 3:10p-4:30p				2-3 PM
3-4 PM	Open Swim 3p-5:30p				Open Swim 2p-4p				Open Swim				Open Swim 2p-5:30p				Open Swim 3p-6p				Ind. Ex.	Lap Swim 3:40p-6:30p			Lap Swim 3:10p-4:30p				3-4 PM				
4-5 PM	Open Swim 3p-5:30p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Open Swim 2p-5:30p				Open Swim 3p-6p				Ind. Ex.	Lap Swim 3:40p-6:30p			Lap Swim 3:10p-4:30p				4-5 PM				
5-6 PM	Ind. Ex.	Lap Swim 5:40p-8:30p			Ind	Lap Swim 6:45p-8:30p			Ind	Lap Swim 6:45p-8:40p			Ind. Ex.	Lap Swim 5:40p-8:30p			Ind. Ex.	Lap Swim 6:10p-8:30p			Ind. Ex.	Lap Swim 6:10p-8:30p			Closed				Closed				5-6 PM
6-7 PM	Ind. Ex.	Lap Swim 5:40p-8:30p			Ind	Lap Swim 6:45p-8:30p			Ind	Lap Swim 6:45p-8:40p			Ind. Ex.	Lap Swim 5:40p-8:30p			Ind. Ex.	Lap Swim 6:10p-8:30p			Ind. Ex.	Lap Swim 6:10p-8:30p			Closed				Closed				6-7 PM
7-8:30 PM	Ind. Ex.	Lap Swim 5:40p-8:30p			Ind	Lap Swim 6:45p-8:30p			Ind	Lap Swim 6:45p-8:40p			Ind. Ex.	Lap Swim 5:40p-8:30p			Ind. Ex.	Lap Swim 6:10p-8:30p			Ind. Ex.	Lap Swim 6:10p-8:30p			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-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 6a-6p				Closed				Closed				6-8 AM
8-10 AM	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 12:45-4:15p				Closed				8-10 AM
10-12 PM	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 12:45-4:15p				Closed				10-12 PM
12-2 PM	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 12:45-4:15p				Lap Swim 1p-4:30p				12-2 PM
2-4 PM	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 6a-6p				Lap Swim 12:45-4:15p				Lap Swim 1p-4:30p				2-4 PM
4-6 PM	Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Open Kayak 5:30p-7:15p				Lap Swim 1p-4:30p				*Lifeguard course on 1/12				4-6 PM
6-8:30 PM	Lap Swim 6p-8:30p				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Closed				Closed				6-8:30 PM

>>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

Lifeguard course registrations are **NOW OPEN!** Work just one 3-hour shift per week and enjoy a **FREE YMCA membership + 100% reimbursement** on training after 30 days and 40 hours of employment. Don't miss out—join our team today!

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