



December 9th-15th

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

Piranhas: NO PRACTICE 12/9

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. Ex.	Lap Swim 7:30-8:50a			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. Ex.	Lap Swim 7:30-8:50a			Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Swim Lessons (Only) 9a-12:25p				Closed				9-10 AM				
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Swim Lessons (Only) 9a-12:25p				Closed				10-11 AM				
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Fluid Movement				Swim Lessons (Only) 9a-12:25p				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			Closed 11a-4p				Ind. Ex.	Lap Swim 11:40a-1:50p			Swim Lessons (Only) 9a-12:25p				Closed				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			Closed 11a-4p				Ind. Ex.	Lap Swim 11:40a-1:50p			Open Swim 12:25p-4p				Open Swim 1p-3p				1-2 PM				
2-3 PM	Hydro Burn				Open Swim 2p-4:00p		Lap	Hydro Burn			Hydro Burn				Hydro Burn				Open Swim 3p-4p				Open Swim 12:25p-4p				Open Swim 1p-3p				2-3 PM		
3-4 PM	Open Swim 3p-5:30p		Lap Swim	Open Swim 2p-4:00p			Lap	Open Swim 3p-4p			Open Swim 3p-4p				Open Swim 3p-4p				Open Swim 3p-4p				Lap Swim 3:10p-4:30p				Lap Swim 3:10p-4:30p				3-4 PM		
4-5 PM	Open Swim 3p-5:30p		Lap Swim	Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p			Swim Lessons (Only) 4p-6:35p				Open Swim 4p-5:30p				Open Swim 4p-5:30p				Open Swim 4p-5:30p				Open Swim 4p-5:30p				4-5 PM			
5-6 PM	Ind. Ex.	Lap Swim 5:40p-7:30p			Ind. Ex.	Lap Swim 5:40p-7:30p			Ind. Ex.	Lap Swim 5:40p-7:30p			Ind. Ex.	Lap Swim 5:40p-7:30p			Closed 4p				Ind. Ex.	Lap Swim 4:10-6:30p			Closed				5-6 PM				
6-7 PM	Ind. Ex.	Lap Swim 5:40p-7:30p			Ind. Ex.	Lap Swim 5:40p-7:30p			Ind. Ex.	Lap Swim 5:40p-7:30p			Ind. Ex.	Lap Swim 5:40p-7:30p			Closed 4p				Ind. Ex.	Lap Swim 4:10-6:30p			Closed				6-7 PM				
7-8:30 PM	Closed 7:30				Closed 7:30				Closed 7:30				Closed 7:30				Closed 7:30				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-2p				Lap Swim 6a-2p				Lap Swim 6a-1p				Lap Swim 6a-11a				Lap Swim 6a-2p				Lap Swim 7:30a-6:30p				Closed				6-8 AM				
8-10 AM	Lap Swim 6a-2p				Lap Swim 6a-2p				Lap Swim 6a-1p				Lap Swim 6a-11a				Lap Swim 6a-2p				Lap Swim 7:30a-6:30p				Closed				8-10 AM				
10-12 PM	Lap Swim 6a-2p				Lap Swim 6a-2p				Lap Swim 6a-1p				Lap Swim 6a-11a				Lap Swim 6a-2p				Lap Swim 7:30a-6:30p				Closed				10-12 PM				
12-2 PM	Lap Swim 6a-2p				Lap Swim 6a-2p				Lap Swim 6a-1p				Lap Swim 6a-11a				Lap Swim 6a-2p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				12-2 PM				
2-4 PM	Closed				Closed				Closed				Closed				Closed				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				2-4 PM				
4-6 PM	Lap Swim 4p-8:30p				Lap Swim 4p-6p		Piranhas Swim Team		Piranhas Swim Team		Lap Swim 4p-6p		Lap Swim 4p-6p		Lap Swim 4p-5:20p		Lap Swim 4p-5:20p		Lap Swim 4p-5:20p		Lap Swim 4p-5:20p		Lap Swim 4p-5:20p		Lap Swim 4p-5:20p		Lap Swim 4p-5:20p		4-6 PM				
6-8:30 PM	Lap Swim 4p-8:30p				Piranhas Swim Team		Lap Swim 7:30p-8:30p		Water Polo 7:30p-8:30p		Lap Swim 7:30p-8:30p		Lap Swim 7:30p-8:30p		Open Kayak 5:30p-7:15p		Open Kayak 5:30p-7:15p		Open Kayak 5:30p-7:15p		Open Kayak 5:30p-7:15p		Open Kayak 5:30p-7:15p		Open Kayak 5:30p-7:15p		Open Kayak 5:30p-7:15p		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 of employment. Don't miss out—join our team today!

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