



# December 30th-January 5th

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

Please note holiday building closures

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

>>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)

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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