



Schedule subject to change without notice due to staffing and weather

Asheville YMCA March

Announcements:
**Lifeguard course (3/24-3/29)
Mon-Thurs 4p-8:30p, Fri 4p-7:30p, Sat 8a-2p** North and/or South Pool will be used

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
6a-7a	Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Closed				Closed				6a-7a				
7a-8a	Lap Swim 6a-9:20a				Lap Swim 6a-8:50a				Lap Swim 6a-9:20a				Lap Swim 6a-8:50a				Lap Swim 6a-8:20a				Lap Swim 7:30-8:20a				Closed				7a-8a				
8a-9a	Ind. Ex.				Ind. Ex.				Open Swim				Ind. Ex.				Ind. Ex.				Ind. Ex.				Closed				8a-9a				
9a-10a	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Deep Water Fitness				Swim Lessons (Only) 8:30a-12:15p				Closed				9a-10a				
10a-11a	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Fluid Movement				Swim Lessons (Only) 8:30a-12:15p				10a-11a				
11a-12p	Fluid Movement				Ind. Ex.				Fluid Movement				Ind. Ex.				Ind. Ex.				Ind. Ex.				Swim Lessons (Only) 8:30a-12:15p				11a-12p				
12p-1p	Lap Swim 11:40a-1:50p				Lap Swim 11a-1:50p				Lap Swim 11:40a-1:50p				Lap Swim 11a-2:50p				Lap Swim 11:40a-1:50p				Lap Swim 11:40a-1:50p				Open Swim 12:15p-4p				12p-1p				
1p-2p	Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Open Swim 12:15p-4p				1p-2p				
2p-3p	Hydro Burn				Family/Open 2p-4p				Hydro Burn				Family/Open 2p-4p				Hydro Burn				Hydro Burn				Open Swim 12:15p-4p				2p-3p				
3p-4p	Family/Open 3p-6:30p				Family/Open 2p-4p				Family/Open				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Lap Swim 3:10p-4:30p				3p-4p				
4p-5p	Family/Open 3p-6:30p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Ind. Ex.				4p-5p				
5p-6p	Family/Open 3p-6:30p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Ind. Ex.				5p-6p				
6p-7p	Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Closed				6p-7p
7p-8:30p	Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Ind. Ex.				Closed				7p-8:30p

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
6a-8a	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Closed				6a-8a				
8a-10a	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Closed				8a-10a				
10a-12p	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Closed				10a-12p				
12p-2p	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				12p-2p				
2p-4p	Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-4p				Lap Swim 6a-6p				Lap Swim 6a-5p				Lap Swim 7:30a-6:30p				Lap Swim 1p-4:30p				2p-4p				
4p-6p	Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				4p-6p				
6p-8:30p	Lap Swim 6p-8:30p				Piranhas Swim Team				Lap Swim 6p-7:15p				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				Piranhas Swim Team				6p-8:30p				

>>To register for open kayak please visit ymcawnc.org/programs-search<<

Lap Swim	Independent Ex.	Swim Team	Family/Open Swim	Family Swim and Open Swim are open to all.
Group Ex	Swim Lessons	Specialty		

Contact Aquatics Director Emily McGlynn with any questions: emcglynn@ymcawnc.org

Lifeguard course registrations are **NOW OPEN!** Work just 2 shifts a month 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!

**Want a FREE
Membership?
How about \$250?**



**Apply to be a lifeguard
today!**

Join the team at the Downtown Asheville YMCA today! Work a minimum of two shifts a month and get a complimentary free membership. Lifeguard certification provided by the YMCA.

**Join the team between December
15 and February 15 and receive a
\$250 sign-on bonus!**

*Must work a minimum 30 days and 40 hrs to be eligible



**To apply
scan the QR
Code!**

ymcawnc.org

