



\*Schedule subject to change without notice due to staffing and weather\*

# Asheville YMCA

Monday June 30-  
Sunday July 6

## Announcements:

Swim team will return to North Pool in September.

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

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://ymcawnc.org/programs-search)<<

Lap Swim	Independent Ex.	Swim Team	Family/Open Swim	Family Swim and Open Swim are open to all. Independent Ex. is limited to <b>adults</b> only.
Group Ex	Swim Lessons	Specialty		

We're always looking for more lifeguards! If you or someone you know is interested please see back of this schedule for more information!

# SWIM INTO PERKS AND PURPOSE



## Lifeguards and Swim Instructor Positions YMCA OF WESTERN NORTH CAROLINA

Looking for a job that isn't about scrolling or spreadsheets? Join the YMCA Aquatics Team — we'll even cover your certification!

- Free Y membership
- Digital detox, real-life focus
- Flexible Schedules
- Gain valuable life skills (leadership, independence, responsibility)
- Oh, and yeah... there are bonuses too

Excellent for students, teachers, parents and anyone who likes to make a splash — metaphorically and literally.



**BONUS DETAILS  
AND APPLY AT:**  
[ymcawnc.org/careers](https://ymcawnc.org/careers)

