



Schedule subject to change without notice due to staffing and weather

Asheville YMCA

Monday July 7-
Sunday August 3

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				Hydro Burn				Hydro Burn				Deep Water Fitness				Swim Lessons (Only) 8:30a-12:15p								9a-10a
10a-11a	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash												10a-11a
11a-12p	Fluid Movement				Ind				Lap				Fluid Movement				Ind												Lap
12p-1p	Ind. Ex.	Lap Swim 11:40a-1:50p			Horizons Swim Program				Ind. Ex.	Lap Swim 11:40a-1:50p			Horizons Swim Program				Ind. Ex.	Lap Swim 11:40a-1:50p			Camp	Open Swim 12:15p-4p				12p-1p			
1p-2p																										Open/Family 2:30p-4p			
2p-3p	Hydro Burn				Open/Family 2:30p-4p				Hydro Burn				Family/Open 2:30p-6:30p				Family/Open 3p-6:30p				Open Swim 12:15p-4p				2p-3p				
3p-4p	Family/Open				Open/Family 2:30p-4p				Family/Open																Family/Open 2:30p-6:30p				Family/Open 3p-6:30p
4p-5p	Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Family/Open 2:30p-6:30p				Family/Open 3p-6:30p				Ind Ex.	Lap Swim 4:10-6:30p							
5p-6p	Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p				Swim Lessons (Only) 4p-6:35p																Family/Open 2:30p-6:30p				Family/Open 3p-6:30p
6p-7p	Ind	Lap Swim 6:30p-8:30p			Ind	Lap Swim 6:30p-8:30p			Ind	Lap Swim 6:30p-8:30p			Ind	Lap Swim 6:30p-8:30p			Ind	Lap Swim			Closed								
7p-8:30p																									7p-8:30p	7p-8:30p	7p-8:30p	7p-8:30p	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	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-5:40p				Closed				Closed				6a-8a
8a-10a																													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																	Open Kayak 5:45p-7:15p				Closed				Closed				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. Independent Ex. is limited to adults 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

