

August Pool Schedule

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

Black Mountain YMCA

Time Monday			Tuesday Wednesday				Thursday Friday			Saturday Sunda		Sunday	Time	
Lane #	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3 4 5	Lane #
6-7 AM	Lap		Lap		Lap		Lap		Lap		Pool			6-7 AM
7-8 AM	Swim		Swim		Swim		Swim		Swim		Clos	ed		7-8 AM
8-9 AM	Lap Swim	EX.	p im	EX.	Lap Swim	EX.	Lap swim	EX.	p im	EX.	ALL Landmove a 8:50an	t H		8-9 AM
9-10 Am	Lanes move at 9:50a	.bnI	Lap Swim	.puI	Lap Swim	Ind.	Lap Swim	Ind.	Lap Swim	Ind.	Lesso		Pool Closed	9-10 AM
10-11 AM	0-11 AN Hydro Burn deep water		Aqua Tabata		Cardio Splash		Cardio Splash		Cardio Splash		Swim @9:40a	Lessons		10-11 AM
11-12 PM											Swim	Swim		11-12 PM
12-1 PM	Е	Swim	Ш	Swim	Ш	Swim	Ш	Swim	Ш	Swim	Lap Sv	Open S		12-1 PM
1-2 PM	Swim		Swir	SW	Swim		wim		Swim			O	ım,	1-2 PM
2-3 PM	Q	Open	ap S	Open	Q	pen	ap S	Open	d	pen	Poo	ol	Swim Swim	2-3 PM
3-4 PM	La	0	La	0	La	0	La	0	La	0	Clos		Open	3-4 PM
4-5 PM	Lanes	suoss	Ш	ssons	Lanes	pen	Ш	ssons	wim	Swim				4-5 PM
5-6 PM	5:20p	Le	Swim Team	Le	5:20p Card Splas		Swi	Le	S d	pen S	SLs we wi Adult DEE ONLY Inc	II have P END		5-6 PM
6-7 PM	Taba Lap		ap 8	n Swim	5:30-6:1	L5pm	d	n Swim	La	0	NO RA ACCE	MP SS	1 2 3 4 5	6-7 PM
7-7:30 PM		Open	27	Open	Swim	Open	La	Open	Do				Announcen	
[Deal		Dool		Dool		David		Pool Closed				end on August session regist	16. Fall ration is
	Pool		Pool		Pool		Pool						open for member open for non-me	
	Closed		Closed		Closed		Closed						August 4th. All lessons for we occur on Fr	make-up ather will
Lane #	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5	1 2 3	4 5		
			ap Swim		Independent Exe						Open Swim			
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Specialty

Safety Around Water

Swim Team

Group Ex