



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

**Asheville YMCA**  
Monday August 4 - Sunday August 31

**Announcements:**  
Registration for Fall Swim Lessons Now Open!  
Lifeguard Class 8/7-8/9 Noth Pool

### 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				Deep Water Fitness				Swim Lessons (Only) 8:30a-12:15p				9a-10a								
10a-11a	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash								10a-11a								
11a-12p	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash								11a-12p								
12p-1p	Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11a-1:50p			Ind. Ex.	Lap Swim 11a-2:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Ind. Ex.	Lap Swim 11:40a-1:50p			Open Swim 12:15p-4p								12p-1p
1p-2p																													1p-2p
2p-3p	Hydro Burn				Family/Open 2p-4p				Hydro Burn				Family/Open 3p-6:30p				Family/Open 3p-6:30p				Open Swim 12:15p-4p				2p-3p				
3p-4p	Family/Open 3p-6:30p								Family/Open																Family/Open 3p-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 3p-6:30p				Family/Open 3p-6:30p				Ind Ex.	Lap Swim 4:10-6:30p			Closed				4p-5p
5p-6p																													5p-6p
6p-7p																													6p-7p
7p-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 6:30p-8:30p			Ind	Lap Swim			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	Lane			
6a-8a	Lap Swim 6a-8:30p <div>PL</div>				Lap Swim 6a-8:30p				Lap Swim 6a-7:30p				Lap Swim 6a-8:30				Lap Swim 6a-5:15p <div>Reg. Req. See Below</div> <div>Open Kayak 5:15p-6:15p</div> <div>Open Kayak 6:15p-7:15p</div> <div>Closed</div>				Closed				Closed				6a-8a			
8a-10a																					8a-10a											
10a-12p																					10a-12p											
12p-2p																					12p-2p											
2p-4p																					2p-4p											
4p-6p																					4p-6p											
6p-8:30p																					6p-8:30p											

>>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 are currently short staffed and in need of lifeguards during the day. If you or someone you know is interested please see the back of the schedule for more information.

