

October 26-November 1

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

WNC Strong

Asheville YMCA

South Pool																				
Time	Monday		T	ues	sday		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	3 4	1	2 3 4	1 2 3 4	Lane
6-7 AM					ان Lap		Lap Sw		wim				·				Classed		6-7 AM	
	Ë.		_ap	Ex.		wim	na	La	μ-9:2	202	EX.		Swim	Ë				Closed		\vdash
7-8 AM		S	wim					Ud	1-9.2	20a	٦.		6a-	Ind.	6a-8	:20a				7-8 AM
8-9 AM	Ind	ı	Jntil	Ind.		Until	0	200			Ind.	8:	50a	I						8-9 AM
0-9 AM	Н	9	:20a			3:50a		oen vim						D	eep Wa			Lap Swim		0-9 AM
9-10 AM				Н١	/dro	Burn		• • • • • • • • • • • • • • • • • • • •			Hv	dro	Burn		Fitnes	S	Ind	7a-11:00a	Closed	9-10 AM
10-11	Ну	dro	Burn					lydr	o Bu	rn				Ca	rdio Sp	lash				10-11
AM				Cai	'dio	Splash					Card	dio !	Splash							AM
11-12	Fluid	סוייו ב	vement				Fiu	ia M	oven	nent				Flui	d Move	ment				11-12
PM	ن	Lan	Curim				٠		p Sv	wim							0.	C i		PM
12-1 PM	EX.		Swim:30a-			Lap	Ë.		ր sv 1:30		Inc	4	Lap	Ind	Lap S 11:3			oen Swim		12-1 PM
	Ind.			E:	Κ.	Swim	Ind.				Ex		Swim	In	1:5			11a-2p		
1-2 PM	占		:50p				占		1:50	γÞ	LA	•	JWIIII		1.3	OP .			On an Coolina	1-2 PM
2-3 PM	Ну	dro	Burn				ш	vdr	o Bu	ırn				ы	/dro B	urn			Open Swim	2-3 PM
2 3 114	119	uio	Duill			Swim		<u> </u>						- 110	yuro L	uiii				2 3 1111
3-4 PM	Ор			2p-4:00p Swim Lessons (Only) 4p- 6:35p		Ор	Open Swim 3p- 4:00p Swim Lessons (Only) 4p- 6:35p		Open Swim 3p-5:15p					×.		Lap Swim	Lap Swim	3-4 PM		
												On an Carina			2:10-	3:10p-4:30p				
4-5 PM												Open Swim 3p-6:20p	Ind.	6:30p	Closed	4-5 PM				
5-6 PM									Closed 5:15p-8:30p		Ι		0.000	5-6 PM						
3 0 111						1										3 0 111				
6-7 PM	Ä.										$\overline{}$	T				6-7 PM				
7-8:30	_			Ind Lap		pu	6:45p-				Ind	Lap S	wim		Closed		7-8:30			
PM	Ind			Ex. Swim		F	8:30p					Closed			0.0000		PM			
													Pool							
Time		4on	day]	Tue	sday		edr	esd		Th		sday		Friday		S	aturday	Sunday	Time
Lane	11	2	3 4	1	2	3 4	1	12	13	14	1	21	3 4	1	2 3	3 4	1	2 3 4	1 2 3 4	Lane
6-8 AM														Closed			6-8 AM			
0.10.414													Closed			0 10 44				
8-10 AM	La	p S	Swim			Lap Swim								Closed	8-10 AM					
10-12	•							6a-1:45p							0.0004	10-12				
PM		6a-1:45p		Lap		0a-1.43p		Lap Swim		Lap					PM					
					Sw	/im									Swir	n	La	ap Swim		
12-2 PM											6	5a-	6р		•)a-2:45p		12-2 PM
				\ \ \ \	Ja	-6p														
2 4 DM																	Lap Swim	2-4 PM		
2-4 PM								Closed 1:45p-5:15p									1p-4:30p	2-4 PIVI		
	Clos 1:4		osed 45n-					1:45p-5:15p												
4-6 PM														4-6 PM						
	1	8:3							Swin						oen Ka			Closed		$\vdash \vdash$
6-8:30		.	ob			Team	5	:15p	-7:1	5p			Team	5:	30p-7:	15p			Closed	6-8:30
PM						-7:30p			er Pol				7:30p		g. Requ					PM
			_			Swim			-8:3				wim		See Bel					\Box
		>>												nca			_		search<<	
			L	ap S	Swi	m	Ι	nde	epei	nde	nt E	xer	cise		Swir	n Tea	am	Open	Swim	

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

Specialty

Swim Lessons

Group Ex