



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				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	1	2	3	4	Lane
6-7 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				Closed				6-7 AM								
7-8 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Closed				Closed				7-8 AM								
8-9 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Deep Water Fitness	Ind			Lap Swim				Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Hydro Burn				Hydro Burn				Cardio Splash				Ind				Lap Swim				Closed				9-10 AM
10-11 AM	Hydro Burn				Cardio Splash				Hydro Burn				Cardio Splash				Cardio Splash				Fluid Movement				Ind				Lap Swim				10-11 AM
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Fluid Movement				Fluid Movement				Ind				Lap Swim				11-12 PM
12-1 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind	Lap Swim			Open Swim				Closed				12-1 PM				
1-2 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind	Lap Swim			Open Swim				Open Swim				1-2 PM				
2-3 PM	Hydro Burn				Open Swim				Hydro Burn				Hydro Burn				Hydro Burn				Ind. Ex.				Lap Swim				Open Swim				2-3 PM
3-4 PM	Open Swim	Lap Swim			Open Swim				Open Swim				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Lap Swim				3-4 PM				
4-5 PM	Open Swim	Lap Swim			Swim Lessons				Swim Lessons				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Lap Swim				4-5 PM				
5-6 PM	Open Swim	Lap Swim			Swim Lessons				Swim Lessons				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Closed				5-6 PM				
6-7 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind	Lap Swim			Closed				Ind	Lap Swim			Closed				Closed				6-7 PM				
7-8:30 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind	Lap Swim			Closed				Ind	Lap Swim			Closed				Closed				7-8:30 PM				

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	1	2	3	4	Lane
6-8 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Closed				6-8 AM				
8-10 AM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Closed				8-10 AM
10-12 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Closed				Closed				10-12 PM
12-2 PM	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				12-2 PM
2-4 PM	Closed				Lap Swim				Closed				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				2-4 PM
4-6 PM	Closed				Swim Team				Lap Swim				Swim Team				Open Kayak				Closed				Closed				4-6 PM				
6-8:30 PM	Closed				Lap Swim				Water Polo				Lap Swim				Reg. Required				Closed				Closed				6-8:30 PM				

>>To register for open kayak please visit ymcawnc.org/programs-search<<

Lap Swim	Independent Exercise	Swim Team	Open Swim
Group Ex	Swim Lessons	Specialty	

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

Schedule Subject to Change Based on Lifeguard Availability
To Apply visit ymcawnc.org/careers

