


ASHEVILLE YMCA
4/12-6/6
RESERVATIONS REQUIRED FOR GROUP EXERCISE CLASSES.

SOUTH POOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Closed	6:00-9:20am Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	6:00-9:20am Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	6:00-9:20am Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	6:00-9:20am Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	6:00-9:20am Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	Closed
	9:30-10:30am Cardio Splash	9:30-10:30am Cardio Splash	9:30-10:30am Cardio Splash	9:30-10:30am Cardio Splash	9:30-10:30am Cardio Splash	8:15-9:00am Lap & Exercise (3 lanes lap, 1 lane exercise)
	Lifeguard Break 10:30-11:00am					9:15am-12:15pm Swim Lessons
	11:00-3:00pm Independent Exercise	11:00am-1:00pm Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	11:00-3:00pm Independent Exercise	11:00am-1:00pm Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	11:00am-3:00pm Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)	12:15pm-2:00pm Open Swim
1:30pm-3:00pm Lap Swim & Independent Exercise (3 lanes lap, 1 lane exercise)		1:00-2:00pm Hydro Burn		1:00-2:00pm Hydro Burn		Lifeguard Break 2:00-2:30pm
		2:00-3:30pm Open Swim	3:00-5:00pm Open Swim	2:00-3:30pm Open Swim		
Lifeguard Break 3:00-3:30pm	3:00-5:00pm Open Swim	3:30-4:55pm Swim Lessons	3:30-4:10pm Swim Lessons	3:30-4:55pm Swim Lessons		2:30-4:30pm Independent Exercise
3:30-4:30pm Open Swim			Open Swim			
	Lifeguard Break 5:00-5:30pm (pool doors will be locked during this time)				3:00-6:30pm Open Swim	
	5:30-7:00pm Swim Lessons	5:30-7:00pm Swim Lessons	5:30-7:00pm Swim Lessons	5:30-7:00pm Swim Lessons		
Closed	6:15-7:30pm Independent Exercise	5:30-7:30pm Open Swim	6:15-7:30pm Independent Exercise	5:30-7:30pm Open Swim	Closed	Closed

NORTH POOL ASHEVILLE YMCA
SWIMMERS ARE EXPECTED TO SHARE LANES AS NEEDED

1:30-3:00pm Lap Swim	6:00am-7:30pm Lap Swim	6:00am-6:00pm Lap Swim No lap swim during swim team times	6:00am-7:30pm Lap Swim No lap swim during swim team times	6:00am-6:00pm Lap Swim No lap swim during swim team times	6:00am-6:30pm Lap Swim No lap swim during swim team times	10:00-11:30am Swim Lessons in 1 outside lane
Lifeguard Break 3:00-3:30pm						8:15am-4:30pm Lap Swim
3:30-4:30pm Lap Swim	Lifeguard Break 5:00-5:30pm (pool doors will be locked during this time)					Lifeguard Break 9:30-10:00am and 2:00-2:30pm
		Swim Team 6:00-7:30pm	Swim Team 4:00-6:00pm	Swim Team 6:00-7:30pm	Swim Team 3:00-5:00pm	

Please note the schedule and lane space is subject to change at any time.
 Download our mobile app for daily updates or find schedules online at >>>ymcawnc.org/schedules<<<<