



# September 9th-Sept 15th

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

Piranhas swim team practice begins Monday, 9/9

## 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	Lap Swim Until 9:20a				Lap Swim Until 8:50a				Ind. Ex.	Lap Swim 6a-9:20a			Ind. Ex.	Lap Swim 6a-8:50a			Ind. Ex.	Lap Swim 6a-8:20a			Ind.	Lap Swim			Closed				7-8 AM				
8-9 AM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Open Swim	Lap Swim			Ind. Ex.	Lap Swim			Deep Water Fitness				Ind.	Lap Swim			Closed				8-9 AM				
9-10 AM	Hydro Burn				Hydro Burn				Cardio Splash				Hydro Burn				Deep Water Fitness				Swim Lessons (Only) 8:30a-12:25p				Closed				9-10 AM				
10-11 AM	Hydro Burn				Cardio Splash				Cardio Splash				Cardio Splash				Open Swim 9:30-12:30p				Swim Lessons (Only) 8:30a-12:25p				Closed				10-11 AM				
11-12 PM	Fluid Movement				Cardio Splash				Fluid Movement				Cardio Splash				Open Swim 9:30-12:30p				Swim Lessons (Only) 8:30a-12:25p				Closed				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			Ind.	Lap Swim			Open Swim				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				Open Swim				Open Swim				2-3 PM				
3-4 PM	Open Swim				Open Swim				Open Swim				Open Swim				Open Swim				Open Swim				Lap Swim				3-4 PM				
4-5 PM	Open Swim				Swim Lessons				Swim Lessons				Open Swim				Open Swim				Ind. Ex.	Lap Swim			Closed				4-5 PM				
5-6 PM	Open 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			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Closed				Closed				6-7 PM				
7-8:30 PM	Ind. Ex.	Lap Swim			Ind. Ex.	Lap Swim			Ind.	Lap Swim			Ind. Ex.	Lap Swim			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				Lap Swim				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	Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				Lap Swim				2-4 PM
4-6 PM	Swim Team				Swim Team				Swim Team				Swim Team				Swim Team				Open Kayak				Lap Swim				Closed				4-6 PM
6-8:30 PM	Lap Swim				Swim Team				Lap Swim				Swim Team				Swim Team				Open Kayak				Lap Swim				Closed				6-8:30 PM
	Lap Swim				Lap Swim				Water Polo				Lap Swim				Lap Swim				Reg. Required See Below				Closed				Closed				

>>To register for open kayak please visit [ymcawnc.org/programs-search](http://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](mailto:emcglynn@ymcawnc.org)

Please note that our pools are shared by programs, classes, families, and all our members. This pool schedule is subject to change without notice due to programs, weather, maintenance, staffing, and/or special events.

