



September Pool Schedule

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

Hendersonville Family YMCA

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday					Time																																								
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #																																			
5:30-6 AM	Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					YMCA Closed					SPA AREA CLOSED until 8 a.m. Wednesday's and Saturdays for cleaning					5:30-6 AM																																								
6-7 AM	Lap Swim					Lap Swim					Lap Swim					Lap swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					6-7 AM																																			
7-8 AM	Lap Swim					Lap Swim					Lap Swim					Lap swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					7-8 AM																														
8-9 AM	Lap Swim					Lap Swim					Lap Swim					Lap swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					8-9 AM																														
9-10 AM	Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Aqua Tabata					Swim Lessons 9/4-10/26/2024					Lap Swim					Lap Swim					9-10 AM																														
10-11 AM	Cardio Splash					Aqua Tabata					Cardio Splash					Cardio Splash					Cardio Splash					Cardio Splash					Swim Lessons 9/4-10/26/2024					Lap Swim					Lap Swim					Lap Swim					10-11 AM																									
11-12 PM	Fluid Movement					Independent Ex.					Fluid Movement					Independent Exercise					Fluid Movement					Fluid Movement					Swim Lessons 9/4-10/26/2024					Lap Swim					Lap Swim					Lap Swim					11-12 PM																									
12-1 PM	Independent Exercise					Independent Ex.					Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					Open Swim					Lap Swim					Lap Swim					Lap Swim					12-1 PM																									
1-2 PM	Independent Exercise					Independent Ex.					Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					Open Swim					Lap Swim					Lap Swim					Lap Swim					Hydro Burn					1-2 PM																				
2-3 PM	Independent Exercise					Independent Ex.					Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					2-3 PM															
3-4 PM	Independent Exercise					Independent Ex.					Independent Exercise					Independent Exercise					Independent Exercise					Independent Exercise					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					3-4 PM															
4-5 PM	Swim Lessons					Lap Swim					Piranhas					Open Swim					Lap Swim					Swim Lessons					Piranhas					Lap Swim					Piranhas					Lap Swim					Lap Swim					Lap Swim					4-5 PM															
5-6 PM	Swim Lessons					Lap Swim					Piranhas					Open Swim					Lap Swim					Swim Lessons					Piranhas					Lap Swim					Piranhas					Lap Swim					Lap Swim					Lap Swim					5-6 PM															
6-7 PM	Lap Swim					Piranhas					Hydro Burn					Lap Swim					Piranhas					Hydro Burn					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					6-7 PM										
7-8 PM	Lap Swim					Piranhas					Open Swim					Lap Swim					Piranhas					Open Swim					Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					7-8 PM
8-9 PM	Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					Closed					8-9 PM					
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #																														
	Lap Swim					Independent Exercise					Swim Lessons					Open Swim																																																												
	Group Ex					Swim Team					Specialty																																																																	

Contact Aquatics Manager Tiffany Dockery with any questions: tdockery@ymcawnc.org

