

## POOL SCHEDULE | November 2025

The state of the s	Aquatics Director-Lori Stroup   loris@ymcacv.org				(828) 838 1890	
SUNDAY (CLOSED)	MONDAY (8:00AM—7:30PM)	TUESDAY (8:00AM—7:30PM)	WEDNESDAY (8:00AM—7:30PM)	THURSDAY (8:00AM—7:30PM)	FRIDAY (8:00AM—7:30PM)	SATURDAY (8:00AM—3:30PM)
	WATER FITNESS 8:00AM-8:45AM	WATER FITNESS 9:30am-10:15am	WATER FITNESS 8:00AM-8:45AM	WATER FITNESS 8:00am-8:45am	WATER FITNESS 8:00AM-8:45AM	OPEN SWIM 8:00AM-9:00AM (ALL ZONES)
C L	SAW Program 9am-11am November 12-20	SAW Program 9am-11am November 12-20	SAW program 9am-11am November 12-20	SAW Program 9am-11am November 12-20	Open Swim 8:45am-7:30pm	AQUA ZUMBA 9:00AM-9:45AM
	OPEN SWIM 10:00AM-7:30PM (OPEN ZONES-VARY)	OPEN SWIM 10:00AM-1:00PM (OPEN ZONES-VARY)	OPEN SWIM 10:00AM-1:00PM (OPEN ZONES-VARY)	WATER FITNESS 9:30am-10:15am		SWIM LESSONS 10am-11:30am
0				OPEN SWIM 10:00AM—1:00PM (ALL ZONES)		
S E	High School Swim 3:30pm-8pm 2 lanes	High School Swim 4pm-6pm 2 lanes Y Swim Team 6pm-8pm 3 lanes	High School Swim 3:30pm–8pm 2 lanes	High School Swim 4pm-6pm 2 lanes Y Swim Team 6pm-8pm 3 lanes	High School Swim 4pm–5pm 1 lane	
D						OPEN SWIM 10:00AM-2:30PM (ALL ZONES)
		SWIM LESSONS 5:00PM-6:30PM		SWIM LESSONS 5:00PM-6:30PM		
		SWIM TEAM		SWIM TEAM		

6:30PM-8:00PM

6:30PM-8:00PM