

A.M.Y Wellness Foundation YMCA of Mitchell County

POOL HOURS

Monday through Friday - 7:00 AM until 7:00 PM
Saturday - 8:00 AM until 3:30 PM



SEE SCHEDULE CHANGES/POOL IMPACTS AT BOTTOM

JULY 2026 AQUATICS CLASS OFFERINGS AND PROGRAM DETAILS

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Private Swim Lessons Registration Required 30 minute classes throughout the day		Private Swim Lessons Registration Required 30 minute classes throughout the day		
5:00 AM	CLOSED	CLOSED					CLOSED
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							Potential Pool Party
8:00 AM		Adult Swim Group Registration Required		Adult Swim Group Registration Required		Adult Swim Group Registration Required	
8:30 AM							
9:00 AM			Water Aerobics		Water Aerobics		
9:30 AM							
10:00 AM							Potential Pool Party
10:30 AM							
11:00 AM		Aqua Arthritis - Class Full		Aqua Arthritis - Class Full			
11:30 AM							
12:00 PM							
12:30 PM							Potential Pool Party
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							Potential Pool Party
3:30 PM							
3:45 PM							
4:00 PM					Group Swim Lessons Beginner 1st and 3rd Thursdays 3:45 - 4:30 Registration Required		
4:30 PM					Group Swim Lessons Intermediate 1st and 3rd Thursdays 4:30 - 5:15 Registration Required		
5:00 PM						Potential Pool Party	CLOSED
5:15 PM							
5:30 PM							
6:00 PM					Group Swim Lessons for participants in the Summer Camp Program 2nd & 4th Thursdays 5:30 - 6:30 Registration Required		
6:30 PM				Water Aerobics Class			
7:00 PM							
8:00 PM		CLOSED	Kayak Roll Session - 1st Tuesday only		CLOSED		

We will be hosting youth group swim lessons on Thursdays. You may want to schedule your use of the pools to avoid the hours between 3:45PM & 6:30PM on Thursdays ONLY.

Monday evening Water Aerobics classes have been cancelled. The Wednesday evening class will still occur.

LAP LANES AND OPEN SWIM

Lap lane reservations are available online or at the Membership Services Desk during the following times:

Tuesdays & Thursdays: 7:00 AM – 2:00 PM

Mondays, Wednesdays & Fridays: 7:00 AM – 8:00 AM and 9:00 AM – 2:00 PM

Lane reservations may be unavailable during certain days and times due to special pool programming or accommodations.

Open swim is available in the lapo pool during pool open hours. Swimmers must use the swim areas identified, and not cross swim lane barriers. Open swim may be unavailable during certain days and times due to special pool programming or accommodations.

POOL PARTIES - These can be reserved for use on Fridays from 4:30 PM until 6:30 PM, Saturdays from 11:00 AM until 1:00 PM, and from 1:30 PM until 3:30 PM - reservations are required. Sign up online at YMCAAvery.com or at the Membership desk. Cost is \$100 for members, \$150 for potential members, and must be paid at time of reservation. Email membership@ymcamitchell.org or visit the Membership Services Desk to request a brochure.

WATER AEROBICS - Adult group class offered on Tuesdays and Thursdays at 9:00 AM and on Wednesday evenings at 6:00 PM. 1-hour class. First come, first served - no reservations. No cost for members - \$10 for potential members.

AQUA ARTHRITIS - Registration required - Class is full - May 4th through July 22nd - Mondays and Wednesdays at 10:30 AM. Program cost: \$15 for members - \$30 for potential members.

CHILD GROUP SWIM LESSONS - Held on the **1st and 3rd Thursdays** of each month, and classes can hold up to 8 participants. Pre-registration is required - online at YMCAAvery.com or at the Membership Services Desk. Cost is \$10 per calendar month for members, and \$20 per calendar month for potential members - no partial month proration. There are 2 groups per session:

Beginners (typically ages 3-6) - 3:45 PM until 4:30 PM

Intermediate (typically ages 7-10) - 4:30 PM until 5:15 PM

PRIVATE SWIM LESSONS - One-on-one swim lessons offered for ages 3 and up - offered on Tuesdays and Thursdays. These are 30-minute sessions. Pre-registration is required, and rates are as follows: You can register online at YMCAAvery.com or at the Membership Services Desk.

	Member Rate	Potential Member Rate
Single Session	\$ 25	\$ 35
4-Session Pack	\$ 90	\$ 120
6-Session Pack	\$ 127	\$ 160
8-Session Pack	\$ 170	\$ 200

ADULT SWIM GROUP - For those 18 years and up. Group meets Monday, Wednesday and Friday at 8:00 AM. Participants are divided into 3 separate groups based on skill level - Beginner, Intermediate and Advanced. Groups swim laps and participate in other water-based activities. Cost is \$10/month for members and \$20/month for potential members. 5 lanes will be devoted to this effort. Pre-registration is required either online at YMCAAvery.com or at the Membership Services Desk.

KAYAK ROLL SESSION - Occurs on the first Tuesday of every month, from 7:00 PM until 8:00 PM. Open to the public. Free to members, \$3 per person for potential members. See us at the Membership Desk for details.

MARS HILL CLUB SWIM TEAM practice will occur Monday through Friday from 5:30 PM until 7:00 PM. 2-3 lanes will be devoted to this effort.