



RANDOLPH-ASHEBORO YMCA SUMMER POOL SCHEDULE ~ Friday, June 12 – August 25, 2017

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 9:00AM		Adult Lap Swim Adult Open Swim	Adult Lap Swim Adult Open Swim	Adult Lap Swim Adult Open Swim	Adult Lap Swim Adult Open Swim	Adult Lap Swim Adult Open Swim	
9:00–10:00AM		Arthritis Aerobics Deep Water HIIT* Swim Lessons NO LAP SWIM	No Sweat 9:00 AM Adult Lap Swim Swim Lessons 9:00 – 11:15 AM	Arthritis Aerobics Deep Water HIIT* Swim Lessons NO LAP SWIM	No Sweat 9:00 AM Adult Lap Swim Swim Lessons 9:00 – 11:15 AM	Arthritis Aerobics Deep Water HIIT* Swim Lessons NO LAP SWIM	Open at 8:15AM Aerobics 8:30AM Adult Lap Swim
10:00 AM– 12:00PM		Adult Lap Swim Lanes 3 and 4 Swim Lessons 9:00 – 11:15 AM Lanes 5-6 No Sweat Class 10:15-11:15am	Water Aerobics 10:00 – 11:00 AM High Energy Aqua 11:05 AM-11:45AM Swim Team 11:15AM –1:00 PM Lanes 3-6 Pool Closed 11:15 AM–12:00PM	Adult Lap Swim Lane 4 Aqua Dance Class 10 :15-11 :15 AM Lanes 1-2 Swim Lessons 9:00 – 11:15 AM Lanes 5-6	Water Aerobics 10:00 – 11:00 AM High Energy Aqua 11:05 AM-11:45AM Swim Team 11:00AM –1:00 PM Lanes 1-6 Pool Closed 11:00 AM – 1:00 pm	NO LAP SWIM No Sweat Class 10:10-11:10am Water Aerobics 11:15 – Noon Swim Team Swim Lessons 9-11:15am	SWIM TEAM Adult Lap Swim Adult Open Swim
12:00 –1:05 PM		Adult Lap Swim Open Swim Summer Camp 11:45 am--1:15pm	Adult Lap Swim Lanes 1-2 12:00-1:00PM	Adult Lap Swim Open Swim Summer Camp 11:45 am--1:15pm	Adult Lap Swim Lanes 1-2 12:00-1:00PM	Adult Lap Swim Open Swim Family Swim	Open Swim Family Swim Adult Lap Swim
1:05 – 1:30 PM	Open at 1:15 PM		Adult Lap Swim Lanes 4-6		Adult Lap Swim Lanes 4-6		
1:30 – 2:30 PM		Seniors in Motion 1:30 – 2:30 PM Adult Lap Swim	Open Swim Lanes 1-2	Seniors in Motion 1:30 – 2:30 PM Adult Lap Swim	Open Swim Lanes 1-2	Summer Camp 12:00-4:00PM	
2:30 – 3:55 PM	Family Swim Open Swim Adult Lap Swim	Adult Lap Swim Open Swim Summer Camp 2:35 – 3:55 PM		Adult Lap Swim Open Swim Summer Camp 2:35 – 3:55 PM	Adult Lap Swim Open Swim Summer Camp 2:35 – 3:55 PM	Swim Team Lanes 4-6 4:00-6:00PM	
3:55 – 5:00 PM	Pool Closes at 4:45 PM	4:00 – 6:00 PM SWIM TEAM Lanes 3-6		4:00 – 6:00 PM SWIM TEAM Lanes 3-6			Pool Closes at 6:00 PM
5:00 – 5:30 PM		SWIM LESSONS Lanes 1 and 2	FAMILY SWIM * 5:00 – 9:00 PM	SWIM LESSONS Lanes 1 and 2	FAMILY SWIM * 5:00 – 9:00 PM	Pool Closes 7:00 PM	
5:30 – 6:00 PM		NO OPEN SWIM NO LAP SWIM	Arthritis Aerobics 5:15 – 6:15 PM	NO OPEN SWIM NO LAP SWIM	Arthritis Aerobics 5:15 – 6:15 PM		
6:00 – 8:00 PM		*FAMILY SWIM 6:00 – 9:00 PM	Water Aerobics 7:00 – 8:00 PM	*FAMILY SWIM 6:00 – 9:00 PM	Water Aerobics 7:00 – 8:00 PM		
8:00 – 9:00 PM		Adult Lap Swim Swim lessons 6:00-9:00 PM Swim Lessons Lanes 5 & 6	Adult Lap Swim	Adult Lap Swim Swim lessons 6:00-9:00 PM Swim Lessons Lanes 5 & 6	Adult Lap Swim		

THE YMCA RESERVES THE RIGHT TO CHANGE POOL SCHEDULES AT ANY TIME FOR MAXIMUM POOL USE. SPECIAL EVENTS AND POOL CLOSINGS WILL BE POSTED

SHADED BLOCKS = OPEN SWIM

ADULT LAP SWIM = ADULTS - 18 YEARS OR OLDER, OR SWIM TEAM MEMBER

*FAMILY SWIM = CHILDREN 17 AND UNDER MUST BE ACCOMPANIED BY A PARENT/GUARDIAN (MUST BE 18 OR OLDER) * DEEP WATER HIIT=SWIM BELTS ARE REQUIRED

AT ALL TIMES - SWIMMERS AGE 11 AND UNDER MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN (MUST BE 18 OR OLDER)



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OPEN SWIM

June 12 – August 25, 2017

MONDAY: 6-9 am, 12-1:30pm, 2:30-3:55pm, 6-9 pm*

TUESDAY: 6-9 am, 1:05-5pm, 5-9 pm*

WEDNESDAY: 6-9 am, 12-1:30pm, 2:30-3:55pm, 6-9 pm*

THURSDAY: 6-9am, 1:05-5pm, 5-9 pm*

FRIDAY: 6-9 am, 12- 2:15 pm, 3:45-7pm*

SATURDAY: 12-6 pm*

SUNDAY: 1:15-4:45 pm*

Adult Open Swim

*FAMILY SWIM

Summer Camp Swim Schedule

Monday: 11:45 am – 1:15 pm

2:35 pm – 3:55 pm

Wednesday: 11:45 am – 1:15 pm

2:35 pm – 3:55 pm

Friday: 12:00 pm- 4:00 pm

NOTE: Pool will be CLOSED on Fridays (2:15-3:45pm) for Summer Day Camp Activities. Whirlpool, Steam Room, Sauna, and Splash Pad will be open for Members and Guests to use during this time.

Schedules are subject to change

Randolph-Asheboro YMCA
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