



# RANDOLPH-ASHEBORO YMCA SUMMER POOL SCHEDULE ~ July 29 – August 26, 2018

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 *9:15a Swim Lessons NO LAP SWIM	Total Body Workout 8:50–9:50 AM Adult Lap Swim Swim Lessons 9:00 –11:15 AM	Arthritis Aerobics Deep Water HIIT 9:15a Swim Lessons NO LAP SWIM	Total Body Workout 8:50–9:50 AM Adult Lap Swim Swim Lessons 9:00 –11:15 AM	Arthritis Aerobics Deep Water HIIT 9:15a 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 Aqua Bootcamp 10:15–11:15am	Water Aerobics 10:00 – 11:00 AM Power Movers & Shakers 11:05AM–12:05PM Swim Team 11:15AM –1:00 PM Lanes 2–6 Pool Closed 11:15 AM–12:15PM	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 Power Movers & Shakers 11:05AM–12:05PM Swim Team 11:15AM –1:00 PM Lanes 2–6 Aqua Bands Plus 12 :00–12 :45PM Pool Closed 11:15 AM–12:15PM	NO LAP SWIM Total Body Workout 10:15–11:15am Water Aerobics 11:15AM – 12:00PM 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 12:15–1:00PM	Adult Lap Swim Open Swim Summer Camp 11:45 am--1:15pm	Adult Lap Swim Lanes 1–2 12:15–1:00PM	Adult Lap Swim Open Swim Family Swim*	11am–6pm  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	Summer Camp 12:00–4:00PM	
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 Activity 2:15–3:45PM	
2:30 – 3:55 PM	Family Swim* Open Swim Adult Lap Swim	Adult Lap Swim Open Swim Summer Camp 2:35 – 3:55 PM	1:05–5:00PM	Adult Lap Swim Open Swim Summer Camp 2:35 – 3:55 PM	1:05–5:00PM	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 2–6		4:00 – 6:00 PM SWIM TEAM Lanes 2–6		Adult LAP SWIM Lane 3 (4–6PM) Deep Water Intervals 6:00–6:45PM Family Swim* Open Swim	Pool Closes at 6:00 PM
5:00 – 5:30 PM		Adult LAP SWIM Lane 1	FAMILY SWIM * 5:00 – 9:00 PM Arthritis Aerobics 5:15–6:15PM	Adult LAP SWIM Lane 1	FAMILY SWIM * 5:00 – 9:00 PM		
5:30 – 6:00 PM			Evening Energizer 7:00 – 8:00 PM		Arthritis Aerobics 5:15–6:15PM	Pool Closes 7:00 PM	
6:00 – 8:00 PM		6:00–9:00PM FAMILY SWIM* Adult Lap Swim Deep Water Intervals 6:00–6:45PM		6:00–9:00PM FAMILY SWIM* Deep Water Intervals 6:00–6:45PM	Evening Energizer 7:00 – 8:00 PM Adult Lap Swim		
8:00 – 9:00 PM		Swim Lessons 6–8PM Lanes 5 & 6	Adult Lap Swim	Swim Lessons 6–8PM Lanes 5 & 6			

**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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FOR YOUTH DEVELOPMENT®  
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# OPEN SWIM

*July 29 – August 26, 2018*

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: 11am-6 pm\*

SUNDAY: 1:15-4:45 pm\*

### 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

## Adult-Only Open & Lap Swim

**\*FAMILY SWIM** (Youth 17 & under must have a parent/guardian on pool deck)

**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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