



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANDOLPH-ASHEBORO YMCA

Facility changes in response to COVID-19

Facility Information – Open To MEMBERS ONLY

- Monday – Thursday: 5:00 AM to 9:00 PM and Friday 5:00 AM to 7:00 PM
- Facility CLOSED for cleaning Monday - Friday from 2:00 PM to 3:00 PM
- Saturday: 8:00 AM to 5:00 PM
- Sunday: 1:00 PM to 5:00 PM
- Temperature checks done upon entering facility
- Masks to be worn at all times. If you have a medical condition to where you cannot exercise safely with a mask on please notify the front desk so that you can be given a bracelet. You should still wear your mask when not exercising.
- Senior Center open Monday, Tuesday and Thursday 8:00 AM to 12:00 PM
- Teen Center open Monday, Tuesday and Wednesday 4:30 PM to 7:30 PM
- Nursery schedule available on website and in the lobby

Fitness Center Information

- No medical notes or reservations needed
- Machines are marked for social distancing purposes
- Group exercise, Cycle, Yoga and BeastMode class schedules available on our website and in the lobby. Limited space available due to occupancy
- Clean equipment before and after each use

Pool Information

- Whirlpool, Sauna and Steam Room remain closed at this time
- Adult Lap Swim, Water Walking, Water Fitness and Family Swim time schedules available on our website and in the lobby

Basketball/Pickleball/Racquetball Information

- Monday – Friday courts will be available 12:00 PM to 8:00 PM (From 12:00 PM to 5:00 PM Court 1 Only). Courts available during weekend hours
- Bring your own basketball, we will not loan out any basketballs at this time
- Pickleball will be played Monday – Friday from 8:00 AM to 12:00 PM on Court 1
- Racquetball Courts are open. Please bring your own equipment

www.randolphasheboroymca.com

***Subject to change as restrictions and guidelines involving COVID-19
continue to change* (Updated 3/10/2021)**