



RANDOLPH-ASHEBORO YMCA SPRING POOL SCHEDULE – March 4, 2018– May 19, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 9:00 AM		Adult Lap Swim Open Swim	Adult Lap Swim Open Swim	Adult Lap Swim Open Swim	Adult Lap Swim Open Swim	Adult Lap Swim Open Swim	
9:00 – 10:00 AM		Arthritis Aerobics Deep Water HIIT* 9:15a Adult Lap Swim SP Lessons	Total Body Workout 8:50-9:50 AM Adult Lap Swim SP Lessons Open Swim	Arthritis Aerobics Deep Water HIIT* 9:15a Adult Lap Swim SP Lessons	Total Body Workout 8:50-9:50 AM Adult Lap Swim SP Lessons Open Swim	Arthritis Aerobics Deep Water HIIT* 9:15a Adult Lap Swim SP Lessons	Open at 8:15 AM Aerobics 8:30 AM Adult Lap Swim
10:00 AM – 12:00 PM		Open Swim Aqua Bootcamp 10:15-11:15 AM Adult Lap Swim SP Lessons	Water Aerobics 10:00 – 11:00 AM Power Movers & Shakers 11:10AM-12:10 PM Adult Lap Swim	Open Swim Aqua Dance Class 10:15-11:15 AM Adult Lap Swim SP Lessons Aqua Bands Plus 11:30a-12:15p	Water Aerobics 10:00 – 11:00 AM Power Movers & Shakers 11:10AM-12:10 PM Adult Lap Swim	Total Body Workout 10:15-11:15 AM Water Aerobics 11:15 AM-12:00 PM Adult Lap Swim SP Lessons	FAST Swim Team Special Olympics Swim Team Family Swim 11A-6P
1:15 – 2:30 PM	Open at 1:15 PM						
2:30 – 4:00 PM	Adult Lap Swim	Seniors in Motion Adult Lap Swim 1:30 – 2:30 PM	Open Swim Adult Lap Swim	Seniors in Motion Adult Lap Swim 1:30 – 2:30 PM	Open Swim Adult Lap Swim	Family Swim	Adult Lap Swim
4:00 – 5:00PM	Family Swim	Adult Lap Swim Open Swim		Adult Lap Swim Open Swim		After-School Swim LANES 1-2 3:00 – 5:00 PM	Family Swim
4:00 – 5:15 PM	Pool Closes at 5:00 PM	SWIM TEAM 4:00-6:00 PM Lanes 2-6	Adult Lap Lane 1-3 Swim Team Lanes 4-6 4-5:15 PM	SWIM TEAM 4:00-6:00 PM Lanes 2-6	Adult Lap Lane 1-3 Swim Team Lanes 4-6 4-5:15 PM	Swim Team Lanes 4-6 NO LAP SWIM Family Swim	Pool Closes at 6:00 PM
5:15 – 6:00 PM		ADULT LAP SWIM Lane 1	Arthritis Aerobics Lanes 1-2 ; 5:30-6:15PM Adult Lap Lanes 3-4 Swim Team Lanes 5-6 5:30PM	ADULT LAP SWIM Lane 1	Arthritis Aerobics Lanes 1-2 ; 5:30-6:15PM Adult Lap Lanes 3-4 Swim Team Lanes 5-6 5:30PM	Family Swim	
6:00 – 9:00 PM		Family Swim Lanes 1-2 Adult Lap Lanes 3-4 Swim Lessons Lanes 5-6 Deep Water Intervals 6:00-6:45	Family Swim Adult Lap Lanes 3-4 Evening Energizer 7:00-8:00 PM	Family Swim Lanes 1-2 Adult Lap Lanes 3-4 Swim Lessons Lanes 5-6 Deep Water Intervals 6:00-6:45	Family Swim Adult Lap Lanes 3-4 Evening Energizer 7:00-8:00 PM	Family Swim Adult Lap Swim 6:00-6:45 PM Special Olympics 5:45 – 6:45 PM Pool Closes at 7:00 PM	



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/FAMILY SWIM **ADULT LAP SWIM** = ADULTS 18 YEARS OR OLDER, OR SWIM TEAM MEMBER **SP** = SPECIAL POPULATIONS/SPECIAL OLYMPICS

FAMILY SWIM = PARENTS/GUARDIANS (MUST BE 18 OR OLDER) AND CHILDREN 17 & UNDER MUST BE WITH A PARENT/GUARDIAN

***DEEP WATER HIIT & INTERVAL CLASS=** SWIM BELTS ARE REQUIRED

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



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OPEN SWIM

March 4, 2018-May 19, 2018

MONDAY: 6-9 am, 10-1:15 pm, 2:30-4 pm, **6-9 pm***

TUESDAY: 6-10 am, 12-4 pm, **6-9 pm***

WEDNESDAY: 6-9 am, 10-1:15 pm, 2:30-4 pm, **6-9 pm***

THURSDAY: 6-10am, 12-4 pm, **6-9 pm***

FRIDAY: 6-9 am, **12- 7:00 pm***

SATURDAY: **12-6:00 pm***

SUNDAY: **1:15-5:00 pm***

After School Swim Schedule

Friday: 3:00-5:00pm

Lanes 1 & 2

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

Schedules are subject to change.

343 NC Hwy 42 N / PO Box 1152
Asheboro, NC 27203/4
www.RandolphAsheboroYMCA.com / 336.625.1976

