



RANDOLPH-ASHEBORO YMCA

FALL POOL SCHEDULE – September 4-October 28, 2018

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 SP Lessons	Open at 8:15 AM Aerobics 8:30AM Adult Lap Swim FAST SWIM TEAM
10:00 AM – 12:00 PM		Adult Lap Swim Aqua Bootcamp 10:15-11:15am Open Swim 11:15am-1:15pm	Water Aerobics 10:00 – 11:00 AM Power Movers & Shakers 11:05AM-12:05PM Adult Lap Swim	Adult Lap Swim SP Lessons Aqua Dance Class 10 :15-11 :15 AM Lanes 1-2	Water Aerobics 10:00 – 11:00 AM Power Movers & Shakers 11:05AM-12:05PM Adult Lap Swim	Total Body Workout 10:15-11:15am Water Aerobics 11:15AM – 12:00PM Adult Lap Swim SP Lessons	Open Swim 11am-6:00pm
12:00 – 1:00 PM			Open Swim Adult Lap Swim	Open Swim 11:15am-1:15pm	Aqua Bands Plus 12 :00-12 :45PM Open Swim Adult Lap Swim Noon-4 PM	Open Swim Family Swim	Open Swim Family Swim
1:15 PM	Open at 1:15 PM		Noon-4 PM				
1:15 – 2:30 PM	Family Swim Open Swim Adult Lap Swim	Seniors in Motion 1:30 – 2:30 PM Adult Lap Swim		Seniors in Motion 1:30 – 2:30 PM Adult Lap Swim			Adult Lap Swim
2:30 – 4:00 PM		Adult Lap Swim Open Swim		Adult Lap Swim Open Swim		After-School Swim LANES 1-2 3:00 – 5:00 PM	
4:00 – 5:00 PM	Pool Closes at 5:00 PM	SWIM TEAM 4:00-6:00 PM Lanes 2-6	Adult Lap Lane Swim Team Lanes 4-5:15 PM	SWIM TEAM 4:00-6:00 PM Lanes 2-6	Adult Lap Lane Swim Team Lanes 4-5:15 PM	SWIM TEAM LANES 4-6 Adult Lap Swim Lane 3; 4-6:00 PM	Pool Closes at 6:00 PM
5:15 – 6:00 PM		Adult Lap Swim Lane 1	Arthritis Aerobics Lanes 1-2 5:15-6:15PM Adult Lap Lanes 3-4	Adult Lap Swim Lane 1	Arthritis Aerobics Lanes 1-2 5:15-6:15PM Adult Lap Lanes 3-4	Special Olympics 5:45 – 7:00 PM Family Swim	
6:00 – 9:00 PM		Open Swim Family Swim Lanes 1-2 Adult Lap Swim Ln 3-4 Swim Lessons Ln 5-6 Deep Water Intervals 6:00-6:45PM	Adult Lap Lanes 3-4 Swim Team Lanes 5-6 5:30-7:30PM Evening Energizer Ln 1-2; 7:00-8:00 PM Family Swim	Open Swim Family Swim Lanes 1-2 Adult Lap Swim Ln 3-4 Swim Lessons Ln 5-6 Deep Water Intervals 6:00-6:45PM	Adult Lap Lanes 3-4 Swim Team Lanes 5-6 5:30-7:30PM Evening Energizer Ln 1-2; 7:00-8:00 PM Family Swim	Adult Lap Swim 6:00-7:00 PM Deep Water Intervals 6:00-6:45PM 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 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 HITT=SWIM BELTS ARE REQUIRED

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN SWIM

September 4-October 28, 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 pm***

SATURDAY: **11-6 pm***

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

After School Swim Schedule

Friday: 3:00 pm-5:00 pm
Lanes 1 & 2

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

Schedules are subject to change

Randolph-Asheboro YMCA
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