



RANDOLPH-ASHEBORO YMCA POOL SCHEDULE

Monday – Friday

Member Adult Lap Swim 6:00 AM to 1:30 PM

Member Adult Water Walking 7:30 AM to 9:00 AM

Y Academy Swim 2:30 PM to 4:30 PM

Member Adult Water Walking 11:00 AM to 11:45 AM

Member Adult Water Walking 4:45 PM to 6:00 PM

Monday – Thursday

Member Adult Lap Swim 3:00 PM to 8:00 PM

Friday

Member Adult Lap Swim 3:00 PM to 6:30 PM

Saturday

Member Adult Lap Swim 8:00 AM to 4:30 PM

Member Family Swim 11:00 AM to 4:30 PM

Sunday

Member Family Swim 1:15 PM to 4:30 PM

Lanes 1-2 will be used by the Y Academy from 2:30 PM to 4:30 PM

F.A.S.T. Swim Team Practice Times:

Monday & Wednesday 6:00 PM to 8:00 PM

Tuesday, Thursday & Friday 4:00 PM to 6:00 PM

Pool closed Monday – Friday from 2:00 PM to 3:00 PM for cleaning

Effective January 2, 2021