



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANDOLPH-ASHEBORO YMCA POOL SCHEDULE

Monday – Friday

Member Adult Lap Swim	6:15 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
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Friday

Member Adult Lap Swim	3:00 PM to 6:45 PM
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Saturday

Member Adult Lap Swim	8:00 AM to 2:30 PM
Member Family Swim	11:00 AM to 2:30 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 November 12, 2020