RANDOLPH-ASHEBORO YMCA

SUMMER POOL SCHEDULE

LAP SWIM

Monday - Thursday	6:00 AM to 8:00 PM
Friday	6:00 AM to 6:30 PM
Saturday	8:15 AM to 4:30 PM
Sunday	1:15 PM to 4:30 PM

WATER WALKING

Monday - Friday	7:30 AM to 9:00 AM
Monday, Wednesday, Friday	12:00 PM to 4:00 PM
Tuesday & Thursday	1:00 PM to 4:00 PM

FAMILY SWIM HOURS

Monday & Wednesday	12:00 PM to 4:00 PM
	6:00 PM to 8:00 PM
Tuesday & Thursday	1:00 PM to 8:00 PM
Friday	12:00 PM to 6:30 PM
Saturday	11:00 AM to 4:30 PM
Sunday	1:15 PM to 4:30 PM

SWIM LESSONS

Monday - Thursday	9:00 AM to 11:00 AM
Monday & Wednesday	6:00 PM to 8:00 PM

SWIM TEAM PRACTICES

Monday & Wednesday

Lanes 4-6	4:00 PM to 6:00 PM

Tuesday & Thursday

Lanes 4-6	11:00 AM to 1:00 PM

Friday

Lanes 5-6	10:00 AM to 12:00 PM

Effective 6/12/2023