



COMMUNITY DAY AT THE Y!

Saturday, May 20th

This Is A Day For Our Community!

Try The Randolph-Asheboro YMCA For Free

NO JOINING FEE

**When you bring in 2 new or gently used
towels**

Schedule Of Events On The Back & On Our Website

WWW.RANDOLPHASHEBOROYMCA.COM

Community Day Schedule

Kids Tri At The Y

Check In @ 8:00 AM

Starts @ 9:00 AM

Pickleball Tournament

Check In @ 8:30 AM

Starts @ 9:00 AM

Group Exercise Classes

Bootcamp: 8:00 AM (Group Ex Classroom)

Cycle: 9:00 AM (Cycle Classroom)

Water Fitness Classes

Low Impact Water Aerobics: 11:30 AM – 11:55 AM

High Intensity Aqua Fun Fit: 11:55 AM – 12:20 PM

Total Body Stretch: 12:20 PM – 12:45 PM

Family Swim Hours

1:00 PM – 1:50 PM

2:00 PM – 2:50 PM

3:00 PM – 3:50 PM

Splash Pad Hours

12:00 PM – 4:00 PM

Plant Swap

11:00 AM – 1:00 PM

(Outside Front Entrance)

Plant Sale

1:00 PM – 3:00 PM

(Y's Greenhouse)

Food Trucks:

Gyro NC

Kona Ice

& More!

Plarn Class:

2:00 PM

Making Plastic Mats

For The Homeless

(Senior Center)