

# RANDOLPH-ASHEBORO YMCA FALL POOL SCHEDULE

## LAP SWIM

Monday - Wednesday	6:00 AM to 8:00 PM
Thursday	6:00 AM to 6:00 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	1:00 PM to 4:00 PM 6:00 PM to 8:00 PM
Tuesday & Thursday	1:00 PM to 4:00 PM 6:30 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	5:00 PM to 8:00 PM
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## SWIM TEAM PRACTICES

Monday, Wednesday, Friday	
Lanes 4-6	4:00 PM to 6:00 PM
Tuesday & Thursday	
Lanes 4-6	4:00 PM to 5:00 PM
Lanes 2-6	5:00 PM to 6:30 PM