

RANDOLPH-ASHEBORO YMCA SPRING POOL SCHEDULE

LAP SWIM

Monday & Wednesday	6:00 AM to 8:00 PM
Tuesday & Thursday	6:00 AM to 6:30 PM
Friday	12:00 PM 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

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 - 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

Lanes 2-6	4:00 PM to 6:00 PM
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Tuesday & Thursday

Lanes 2-6	4:00 PM to 6:30 PM
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Friday

Lanes 4-6	4:00 PM to 6:00 PM
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Effective 4/15/2024