# RANDOLPH-ASHEBORO YMCA SUMMER POOL SCHEDULE

## LAP SWIM

Monday – Thursday 6:00 AM to 9:00 AM

Monday - Thursday 11:00 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

Monday & Wednesday 5:00 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 5:00 PM to 8:00 PM

### SWIM TEAM PRACTICES

Monday & Wednesday

Lanes 2-6 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