

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 6:00 PM
Tuesday & Thursday	1:00 PM to 8:00 PM
	6:00 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 Team Practice

Monday & Wednesday	
Lanes 5 & 6	4:00 PM to 6:00 PM
Lanes 2 - 6	6:00 PM to 9:00 PM
Tuesday & Thursday	
Lanes 5 - 6	11:00 AM to 1:00 PM
Friday	
Lanes 5 - 6	4:00 PM to 6:00 PM

Swim Lessons

Monday - Thursday: 9:00 AM - 11:00 AM
Monday & Wednesday: 4:00 PM - 6:00 PM