

RANDOLPH-ASHEBORO YMCA WINTER 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
-------------------	--------------------

SWIM TEAM PRACTICES

<u>Monday & Wednesday</u>	
Lanes 2-6	4:00 PM to 6:00 PM
Lanes 5-6	6:00 PM to 8:00 PM
<u>Tuesday & Thursday</u>	
Lanes 2-6	4:00 PM to 6:30 PM
Lanes 3-4	6:30 PM to 8:00 PM
<u>Friday</u>	
Lanes 4-6	5:00 PM to 6:00 PM