

# **RANDOLPH-ASHEBORO YMCA WINTER POOL SCHEDULE**

## **LAP SWIM**

Monday & Wednesday	6:00 AM to 8:00 PM
Tuesday & Thursday	6:00 AM to 7:00 PM
Friday	6:00 AM to 9:00 AM
Friday	11:00 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

## **FAMILY SWIM HOURS**

Monday & Wednesday	1:00 PM to 4:00 PM
Monday & Wednesday	6:05 PM to 8:00 PM
Tuesday & Thursday	1:00 PM to 4:00 PM
Tuesday & Thursday	6:05 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**

Lanes 2-6	4:00 PM to 6:00 PM
Lanes 4-6	6:00 PM to 8:00 PM

### **Tuesday & Thursday**

Lanes 2-6	4:00 PM to 6:00 PM
Lanes 4-6	7:00 PM to 8:00 PM

### **Friday**

Lanes 5-6	1:00 PM to 3:00 PM
Lanes 4-6	4:00 PM to 6:00 PM

Effective

11/7/2024