

# Randolph-Asheboro YMCA

## Pool Schedule

### Lap Swim

Monday & Wednesday	6:00 AM to 6:00 PM
Tuesday & Thursday	6:00 AM to 4:00 PM 6:00 PM to 8:00 PM
Friday	6:00 AM to 6:30 PM
Saturday	8:00 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	2:00 PM to 6:00 PM
Tuesday & Thursday	12:00 PM to 4:00 PM

### Family Swim Hours

Monday & Wednesday	1:00 PM to 6:00 PM
Tuesday & Thursday	1:00 PM to 4:00 PM 6:00 PM to 8:00 PM
Friday	1:00 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 1 - 6	6:00 PM to 9:00 PM

#### Tuesday & Thursday

Lanes 1 - 6	4:00 PM to 6:00 PM 7:30 PM to 8:45 PM
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#### Friday

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