

# RANDOLPH-ASHEBORO YMCA WINTER 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, Thursday	1:00 PM to 4:00 PM 6:00 PM to 8:00 PM
Tuesday	1:00 PM to 6:00 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

## PRIVATE SWIM LESSONS

Monday - Thursday	5:00 PM to 8:00 PM
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## SWIM TEAM PRACTICES

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