



RANDOLPH-ASHEBORO YMCA

FALL POOL SCHEDULE – September 30- October 27, 2019

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|--|--|---|--|---|--|---|
| 6:00 – 9:00 AM | | Adult Lap Swim Open Swim | Adult Lap Swim Open Swim | Adult Lap Swim Open Swim | Adult Lap Swim Open Swim | Adult Lap Swim Open Swim | |
| 9:00 – 10:00 AM | | Arthritis Aerobics Deep Water HIIT *9:15a Adult Lap Swim SP Lessons | Total Body Workout 9:00-9:50 AM Adult Lap Swim SP Lessons Open Swim | Arthritis Aerobics Deep Water HIIT 9:15a Adult Lap Swim SP Lessons | Total Body Workout 9:00-9:50 AM Adult Lap Swim SP Lessons Open Swim | Arthritis Aerobics Deep Water HIIT 9:15a SP Lessons | Open at 8:15 AM Aerobics 8:30AM Adult Lap Swim FAST SWIM TEAM |
| 10:00 AM – 12:00 PM | | Adult Lap Swim Aqua Bootcamp 10:15-11:15am Open Swim 11:15am-1:15pm | Water Aerobics 10:00 – 11:00 AM Power Movers & Shakers 11:05AM-12:05PM Adult Lap Swim | Adult Lap Swim SP Lessons Aqua Dance Class 10 :15-11 :15 AM Lanes 1-2 | Water Aerobics 10:00 – 11:00 AM Power Movers & Shakers 11:05AM-12:05PM Adult Lap Swim | Total Body Workout 10:15-11:15am Water Aerobics 11:15AM – 12:00PM Adult Lap Swim SP Lessons | Open Swim 11am-6:00pm |
| 12:00 – 1:00 PM | | | Open Swim Adult Lap Swim | Open Swim 11:15am-1:15pm | Aqua Bands Plus 12 :00-12 :45PM Open Swim Adult Lap Swim Noon-4 PM | Open Swim Family Swim | Open Swim Family Swim |
| 1:15 PM | Open at 1:15 PM | | Noon-4 PM | | | | |
| 1:15 – 2:30 PM | Family Swim Open Swim Adult Lap Swim | Seniors in Motion 1:30 – 2:30 PM Adult Lap Swim | | Seniors in Motion 1:30 – 2:30 PM Adult Lap Swim | | | Adult Lap Swim |
| 2:30 – 4:00 PM | | Adult Lap Swim Open Swim | | Adult Lap Swim Open Swim | | After-School Swim LANES 1-2 3:00 – 5:00 PM | |
| 4:00 – 5:00 PM | Pool Closes at 5:00 PM | SWIM TEAM 4:00-6:00 PM Lanes 2-6 | Adult Lap Lane Swim Team Lanes 4-5:15 PM | SWIM TEAM 4:00-6:00 PM Lanes 2-6 | Adult Lap Lane Swim Team Lanes 4-5:15 PM | SWIM TEAM LANES 4-6 Adult Lap Swim Lane 3; 4-6:00 PM | Pool Closes at 6:00 PM |
| 5:15 – 6:00 PM | | Adult Lap Swim Lane 1 | Arthritis Aerobics Lanes 1-2 5:15-6:15PM Adult Lap Lanes 3-4 | Adult Lap Swim Lane 1 | Arthritis Aerobics Lanes 1-2 5:15-6:15PM Adult Lap Lanes 3-4 | Special Olympics 5:45 – 7:00 PM Family Swim | |
| 6:00 – 9:00 PM | | Open Swim Family Swim Lanes 1-2 Adult Lap Swim Ln 3-4 Swim Lessons Ln 5-6 | Adult Lap Lanes 3-4 Swim Team Lanes 5-6 5:00-7:30PM Evening Energizer Ln 1-2; 7:00-8:00 PM Family Swim | Open Swim Family Swim Lanes 1-2 Adult Lap Swim Ln 3-4 Swim Lessons Ln 5-6 | Adult Lap Lanes 3-4 Swim Team Lanes 5-6 5:00-7:30PM Evening Energizer Ln 1-2; 7:00-8:00 PM Family Swim | Adult Lap Swim 6:00-7:00 PM Pool Closes at 7:00 PM | |

THE YMCA RESERVES THE RIGHT TO CHANGE POOL SCHEDULES AT ANY TIME FOR MAXIMUM POOL USE. SPECIAL EVENTS AND POOL CLOSINGS WILL BE POSTED

SHADED BLOCKS = OPEN SWIM ADULT LAP SWIM = ADULTS 18 YEARS OR OLDER, OR SWIM TEAM MEMBER SP = SPECIAL POPULATIONS/SPECIAL OLYMPICS

FAMILY SWIM = PARENTS/GUARDIANS (MUST BE 18 OR OLDER) AND CHILDREN 17 & UNDER MUST BE WITH A PARENT/GUARDIAN *DEEP WATER HIIT=SWIM BELTS ARE REQUIRED

AT ALL TIMES – SWIMMERS AGE 11 AND UNDER MUST BE ACCOMPANIED BY A PARENT/GUARDIAN (MUST BE 18 OR OLDER)





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN SWIM

September 30- October 27, 2019

MONDAY: 6-9 am, 10-1:15 pm, 2:30-4 pm, **6-9 pm***

TUESDAY: 6-10 am, 12-4 pm, **6-9 pm***

WEDNESDAY: 6-9 am, 10-1:15 pm, 2:30-4 pm, **6-9 pm***

THURSDAY: 6-10am, 12-4 pm, **6-9 pm***

FRIDAY: 6-9 am, **12- 7 pm***

SATURDAY: **11-6 pm***

SUNDAY: **1:15-5 pm***

After School Swim Schedule

Friday: 3:00 pm-5:00 pm
Lanes 1 & 2

***FAMILY SWIM** (Youth 17 & under must have a parent/guardian on pool deck)

Schedules are subject to change

Randolph-Asheboro YMCA
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www.RandolphAsheboroYMCA.com / 336.625.1976

