



## RANDOLPH-ASHEBORO YMCA POOL SCHEDULE

### Monday – Friday

Member Adult Lap Swim	6:00 AM to 1:30 PM
Member Adult Water Walking	7:30 AM to 9:00 AM
Member Adult Water Walking	11:00 AM to 11:45 AM
Member Adult Water Walking	4:45 PM to 6:00 PM

### Monday – Thursday

Member Adult Lap Swim	3:00 PM to 8:00 PM
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### Friday

Member Adult Lap Swim	3:00 PM to 6:30 PM
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### Saturday

Member Adult Lap Swim	8:00 AM to 4:30 PM
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### Family Swim Hours

Monday & Wednesday	4:00 PM to 6:00 PM
Tuesday & Thursday	6:00 PM to 8:00 PM
Friday	4:00 PM to 6:30 PM
Saturday	11:00 AM to 4:30 PM
Sunday	1:15 PM to 4:30 PM

**Lanes 1-2 will be used by the Y Academy from 2:00 PM to 4:00 PM**

### **F.A.S.T. Swim Team Practice Times:**

**Monday & Wednesday 6:00 PM to 8:00 PM**

**Tuesday, Thursday & Friday 4:00 PM to 6:00 PM**

**\*Pool closed Monday – Friday from 2:00 PM to 3:00 PM for cleaning\***

**Effective March 1, 2021**