



ELKINS RANDOLPH COUNTY YMCA
POOL SCHEDULE
 EFFECTIVE AUGUST 24, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lap Swim Notice

The pool has three lanes available for lap swim. **Two lanes can be reserved** online or by calling the Front Desk. **The third lane is available on a first-come, first served basis** and is considered a shared lane.



MON	TUE	WED	THUR	FRI	SAT	SUN
7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim Reservations	7:00-7:40 7:40-8:20 8:20-9:00 9:00-9:40 Lap Swim Reservations	7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim Reservations	7:00-7:40 7:40-8:20 8:20-9:00 9:00-9:40 Lap Swim Reservations	7:00-7:40 7:40-8:20 8:20-9:00 Lap Swim Reservations		
9:00-10:00 Senior Water Aerobics		9:00-10:00 Senior Water Aerobics		9:00-10:00 Senior Water Aerobics	9:00-9:40 9:40-10:20 10:20-11:00 Lap Swim Reservations	
10:00-11:00 Family Swim	10:00-12:00 Family Swim	10:00-11:00 Family Swim	10:00-12:00 Family Swim	10:00-11:00 Family Swim		
11:00-12:00 Homeschool Swim		11:00-12:00 Eyes & Brains School		11:00-12:00 H2O Aerobics	11:00-12:00 Family Swim	
12:20-1:00 Lap Swim Reservations	12:20-1:00 Lap Swim Reservations	12:20-1:00 Lap Swim Reservations	12:20-1:00 Lap Swim Reservations	12:20-1:00 Lap Swim Reservations	12:15-12:45 1:00-1:30 Group Swim Lessons	12:20-1:00 1:00-1:40 Lap Swim Reservations
4:20-5:00 Lap Swim Reservations	4:00-5:00 EHS XC Team	4:20-5:00 Lap Swim Reservations	4:00-5:00 EHS XC Team		2:00-3:00 Pool Party	2:00-3:00 Pool Party
5:00-6:00 H2O Aerobics	5:00-5:30 5:45-6:15 Group Swim Lessons	5:00-6:00 H2O Aerobics	5:00-5:30 5:45-6:15 Group Swim Lessons		3:00-4:00 Family Swim <i>*May be cancelled for party rental</i>	3:00-4:00 Family Swim <i>*May be cancelled for party rental</i>
6:00-7:00 Family Swim	6:20-7:00 Lap Swim Reservations	6:00-7:00 Family Swim	6:20-7:00 Lap Swim Reservations	Please observe the pool guidelines: - All members must sign in and out with the front desk staff through the lobby entrance. - Children under 12 must be accompanied in the facility by an adult.		



ELKINS RANDOLPH COUNTY YMCA GROUP FITNESS SCHEDULE EFFECTIVE AUGUST 24, 2026

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Group Fitness Types



Strength



Mind & Body



Cardio



Water Class



Cycling



Martial Arts

MON	TUE	WED	THUR	FRI	SAT
	8:00-9:00 LES MILLS BODYPUMP		8:00-9:00 LES MILLS BODYPUMP	8:00-8:30 LES MILLS sprint	
8:00-9:00 Low Impact Aerobics (Rotary)		8:00-9:00 Low Impact Aerobics (Rotary)		8:00-9:00 Low Impact Aerobics (Rotary)	
9:00-10:00 Senior Water Aerobics (Pool)		9:00-10:00 Senior Water Aerobics (Pool)		9:00-10:00 Senior Water Aerobics (Pool)	9:00-10:00 LES MILLS BODYPUMP
10:00-11:00 Tai Chi (Gym)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Gym)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Gym)	
	11:00-11:45 Senior Stretch (Rotary)		11:00-11:45 Senior Stretch (Rotary)	11:00-12:00 H2O Aerobics (Pool)	
	12:00-12:30 BOOM (Rotary)		12:00-12:30 BOOM (Rotary)		
5:00-6:00 H2O Aerobics (Pool)	5:15-6:00 LES MILLS Shapes <i>Starts 9/8/26</i>	5:00-6:00 H2O Aerobics (Pool)	5:15-6:00 LES MILLS Shapes <i>Starts 9/10/26</i>		
5:00-6:00 Tai Chi (Gymnastics)			5:00-6:00 Tai Chi (Gymnastics)		
5:15-6:15 LES MILLS BODYPUMP		5:15-6:15 LES MILLS BODYPUMP		5:30-6:30 Beginner Fencing (Gymnastics)	
6:30-7:00 Karate Kids (Rotary)	6:00-6:30 LES MILLS sprint	6:30-7:00 Karate Kids (Rotary)	6:00-6:45 Cardio Cycle		
6:30-8:00 Mumon Karate (Rotary)		6:30-8:00 Mumon Karate (Rotary)			

Group fitness classes are included with membership. Cycling classes require a bike reservation up to a week in advance of each class.

Check out our **Virtual Studio** where you can reserve the room for professionally recorded Les Mills workouts anytime including Body Pump, Body Balance, Dance, Core, and Body Combat.