

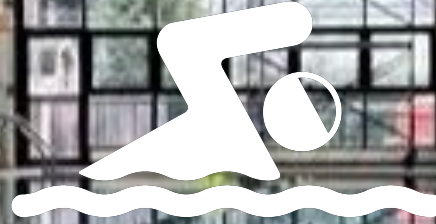


ELKINS RANDOLPH COUNTY YMCA
POOL SCHEDULE
 EFFECTIVE AUGUST 3, 2026

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	10:00-12:00 Family Swim	10:00-12:00 Family Swim	10:00-11:00 Family Swim		
11:00-12:00 Homeschool Swim				11:00-12:00 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 Family Swim	4:20-5:00 Lap Swim Reservations	4:00-5:00 Family Swim		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.		



GROUP FITNESS CLASSES

EFFECTIVE JUNE 22, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:15 Body Pump (Rotary)		7:15-8:15 Body Pump (Rotary)		7:15-7:45 SPRINT (Cycling)	
8:15-9:15 Low-Impact Aerobics (Rotary)		8:15-9:15 Low-Impact Aerobics (Rotary)		8:15-9:15 Low-Impact Aerobics (Rotary)	
9:00-10:00 Sr. Water Aerobics (Pool)		9:00-10:00 Sr. Water Aerobics (Pool)		9:00-10:00 Sr. Water Aerobics (Pool)	9:00-10:00 Body Pump (Rotary)
10:00-11:00 Tai Chi (Rotary)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Rotary)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Rotary)	
	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)		5:00-6:00 H2O Aerobics (Pool)	5:00-6:00 Tai Chi (Gymnastics)		
5:00-6:00M Tai Chi (Gymnastics)	5:15-5:45 SPRINT (Cycling)	5:15-6:15 Body Pump (Rotary)			
5:15-6:15 Body Pump (Rotary)	5:30-6:30 Basic Yoga (Gymnastics)			5:30-6:30 Beginner Fencing (Gymnastics)	
6:30-7:00 Karate Kids (Rotary)		6:30-7:00 Karate Kids (Rotary)			
6:30-8:00 Elkins Mumon Karate (Rotary)		6:30-8:00 Elkins Mumon Karate (Rotary)			
6:30-7:15 Cardio Cycle (Cycling)					

Reserve the Les Mills Virtual Classroom online or at the front desk and choose from your favorite Les Mills classes.

Group fitness classes are included with membership.

Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby.

If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.