



ELKINS RANDOLPH COUNTY YMCA POOL SCHEDULE EFFECTIVE SEPTEMBER 21, 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	11:00-1:00 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	1:00-1:40 Lap Swim Reservations	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	5:00-6:00 RAYS Silver Practices	5:00-6:00 H2O Aerobics	5:00-6:00 RAYS Silver Practices			3:00-4:00 Family Swim
6:00-7:00 Family Swim	6:00-6:45 RAYS Bronze Practices	6:00-7:00 Family Swim	6:00-6:45 RAYS Bronze Practices	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.		
	6:50-7:30 Lap Swim Reservations	7:00-8:30 RAYS Gold Practices	6:50-7:30 Lap Swim Reservations			



ELKINS RANDOLPH COUNTY YMCA GROUP FITNESS SCHEDULE EFFECTIVE SEPTEMBER 8, 2026

FOR YOUTH DEVELOPMENT®
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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)	9:15-10:15 Beginner Vinyasa Resumes 10/1	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)		
4:45-5:45 Tai Chi (Gymnastics)		5:00-6:00 H2O Aerobics (Pool)	4:45-5:45 Tai Chi (Gymnastics)		
5:00-6:00 H2O Aerobics (Pool)	5:15-6:00 LES MILLS Shapes		5:15-6:00 LES MILLS Shapes		
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	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.	
6:30-8:00 Mumon Karate (Rotary)	6:30-7:30 Basic Yoga Resumes 9/22	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.



ELKINS RANDOLPH COUNTY YMCA
GYMNASIUM PROGRAM SCHEDULE
 EFFECTIVE SEPTEMBER 1, 2026

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MON	TUE	WED	THUR	FRI	SAT
6:00-8:30 Pickleball Reservations	6:00-8:30 Pickleball Reservations	6:00-10:00 Pickleball Reservations	6:00-8:30 Pickleball Reservations	6:00-8:30 Pickleball Reservations	
8:30-9:30 Gym: Eyes & Brains School	8:30-9:30 Gym: Eyes & Brains School		8:30-9:30 Gym: Eyes & Brains School	8:30-9:30 Gym: Eyes & Brains School	8:00-11:00 Pickleball Reservations
10:00-11:00 Tai Chi Class	10:00-1:30 Pickleball Reservations	10:00-11:00 Tai Chi Class	10:00-1:30 Pickleball Reservations	10:00-11:00 Tai Chi Class	
11:00-1:30 Pickleball Reservations		11:00-1:30 Pickleball Reservations		11:00-1:30 Pickleball Reservations	11:00-1:00 Saturday Open Gym
1:45-2:45 Gym: Good Shepherd School	1:45-2:45 Gym: Good Shepherd School	1:45-2:45 Gym: Good Shepherd School	1:45-2:45 Gym: Good Shepherd School		1:00-3:00 Reservations for Birthday Parties
3:00-6:00 After School Open Gym	3:00-4:00 After School Open Gym	3:00-6:00 After School Open Gym	3:00-9:00 After School Open Gym	3:00-7:00 After School Open Gym	3:00-5:00 Saturday Open Gym
	4:00-5:00 YMCA OST Program				
	5:00-6:00				
6:00-9:00 Volleyball League (Starts 9/21)	FREE Girls Basketball Skills Night	6:00-9:00 Volleyball League (Starts 10/7)			

Schedule is subject to change depending on reservations and special events. Please check our Facebook page for schedule updates or call the Front Desk in advance.