

# Harrison Family YMCA Competition Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:45 - 9:00 AM</b> Lap Swim - 8 lanes	<b>5:45- 7:30 AM</b> Lap Swim - 8 lanes	<b>5:45- 9:00 AM</b> Lap Swim - 8 lanes	<b>5:45- 7:30 AM</b> Lap Swim - 8 lanes	<b>5:45- 9:00 AM</b> Lap Swim - 8 lanes	<b>8:00 - 9:30 AM</b> Lap Swim - 4 lanes	<b>1:00 - 2:30 PM</b> Lap Swim - 8 lanes
<b>9:00 - 10:00 AM</b> Deep Water - 4 lanes Lap Swim - 3 lanes Adaptive - 1 lane	<b>7:30 - 9:00 AM</b> Maintenance	<b>9:00 - 10:00 AM</b> Deep Water - 4 lanes Lap Swim - 3 lanes Adaptive - 1 lane	<b>7:30 - 9:00 AM</b> Maintenance	<b>9:00 - 10:00 AM</b> Deep Water - 4 lanes Lap Swim - 3 lanes Adaptive - 1 lane	Open Swim - 4 lanes	<b>2:30 - 4:00 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes
	<b>9:00 - 11:40 AM</b> Lap Swim - 6 lanes				<b>9:00 - 11:15 AM</b> Lap Swim - 6 lanes	
<b>10:00 - 11:00 AM</b> Shallow Water - 4 lanes Lap Swim - 3 lanes Adaptive - 1 lane	Adaptive Swim - 2 lanes	<b>10:00 - 11:00 AM</b> Shallow Water - 4 lanes Lap Swim - 3 lanes Adaptive - 1 lane	<b>11:15 AM - 1:30 PM</b> Lap Swim - 8 lanes	<b>10:00 - 11:00 AM</b> Shallow Water - 4 lanes Lap Swim - 3 lanes Adaptive - 1 lane	<b>11:30 - 4:00 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes	
	<b>11:40 AM - 1:00 PM</b> Lap Swim - 8 lanes					<b>11:00 AM - 1:30 PM</b> Lap Swim - 8 lanes
<b>11:00 - 1:30 PM</b> Lap Swim - 8 lanes	<b>1:00 - 3:00 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes		<b>1:30 - 3:00 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes			
<b>1:30-3:00PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes	<b>3:00 - 4:30 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>1:30 - 3:00 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes	<b>3:00 - 4:30 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>3:00 - 4:30 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes		
<b>3:00 - 4:30 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>4:30 - 7:00PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes	<b>3:00 - 4:30 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>4:30 - 7:00 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes	<b>4:30 - 7:30 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes		
<b>4:30 - 7:30PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes	<b>7:00 - 7:45 PM</b> Deep Water - 2 lanes Lap Swim - 2 lanes	<b>4:30 - 7:30 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes	<b>7:00 - 7:45 PM</b> Deep Water - 2 lanes Lap Swim - 3 lanes Y Swim Team - 2 lanes	<b>7:30-8:30 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes		
	Pro Scuba - 4 lanes	<b>7:30 - 8:30 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes	<b>7:45 - 8:30 PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes			
<b>7:30 - 8:30PM</b> Lap Swim - 6 lanes Open Swim - 2 lanes	<b>7:45 - 8:30 PM</b> Pro Scuba - 4 lanes Open Swim - 2 lanes Lap Swim - 2 lanes					
	<b>8:30 - 9:00 PM</b> Pro Scuba - 4 lanes					

**The Harrison Family YMCA**  
[harrisonfamilyy.org](http://harrisonfamilyy.org)  
 252-972-9622



POOL SCHEDULE IS SUBJECT TO  
 CHANGE WITHOUT NOTICE DUE TO  
 UNFORSEEN CIRCUMSTANCES.

**Schedule Dates:**  
**February 20th, 2017 - June 11th, 2017**

# Harrison Family YMCA Recreation Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 8:00 AM Adult Open Swim	5:45 – 7:30 AM Adult Open Swim	5:45 – 8:00 AM Adult Open Swim	5:45 – 7:30 AM Adult Open Swim	5:45 – 8:00 AM Adult Open Swim	8:00 – 9:00 AM Open Swim	1:00 – 4:00 PM Open Swim
8:00 – 9:00 AM Aquacise	7:30 – 9:00 AM Maintenance - Closed	8:00 – 9:00 AM Ai Chi Stretch	7:30 – 9:00 AM Maintenance - Closed	8:00 – 9:00 AM Aquacise	9:00 – 10:30 AM Swim Lessons	
9:00 – 11:15 AM Adaptive Swim	9:00 – 9:30AM Open Swim	9:00 – 11:15 AM Adaptive Swim	9:00 – 11:15 AM Adaptive Swim	9:00 – 11:15 AM Adaptive Swim	10:30 AM – 12:30 PM Open Swim	
11:15 AM – 12:00 PM Water Arthritis	9:30 – 12:00 PM Adaptive Swim	11:15 AM – 12:00 PM Water Arthritis	11:15 – 12:00 PM Open Swim	11:15 AM – 12:00 PM Water Arthritis	12:30 – 1:30 PM Private Rentals	
12:00 – 1:00 PM Adult Open Swim Private Swim Lessons	12:00 – 1:00 PM Adult Open Swim Private Swim Lessons	12:00 – 1:00 PM Adult Open Swim Private Swim Lessons	12:00 – 1:00 PM Adult Open Swim Private Swim Lessons	12:00 – 1:00 PM Adult Open Swim Private Swim Lessons	1:30 – 4:00 PM Open Swim	
1:00 – 2:00 PM Y Programming	1:00 – 2:00 PM Y Programming	1:00 – 2:00 PM Y Programming	1:00 – 2:00 PM Y Programming	1:00 – 2:00 PM Y Programming	<p><b>All Water Fitness Classes are included in a Y Membership.</b></p> <p><b>During all water fitness classes, opposite end of Recreation Pool is available for Adult Open Swim.</b></p> <p><b>Aquatic fitness equipment may be used ONLY by adults over 18 years of age.</b></p> <p><b>Must be 14 years of age to use spa and sauna.</b></p>	
2:00 – 4:50 PM Open Swim	2:00 – 4:50 PM Open Swim	2:00 – 4:50 PM Open Swim	2:00 – 4:50 PM Open Swim	2:00 – 4:30 PM Open Swim		
5:00 – 6:30 PM Swim Lessons	5:00 – 6:30 PM Swim Lessons	5:00 – 6:30 PM Swim Lessons	5:00 – 6:30 PM Swim Lessons	4:30 – 5:30 PM Y Childcare		
6:30 – 7:15 PM Shallow Water Aerobics	6:30 – 7:15 PM Shallow Water Aerobics	6:30 – 7:15 PM Shallow Water Aerobics	6:30 – 7:15 PM Shallow Water Aerobics	5:30 – 8:30 PM Open Swim		
7:15 – 8:30 PM Open Swim	7:15 – 8:30 PM Open Swim	7:15 – 8:30 PM Open Swim	7:15 – 7:45 PM Open Swim			
			7:45 – 8:30 PM Open Swim/Discovery Zone			



POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO UNFORSEEN CIRCUMSTANCES.

**Schedule Dates:**  
**February 20th, 2017 – June 11th, 2017**