Harrison Family YMCA Competition Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 9:00 AM	5:45- 7:30 AM	5:45- 9:00 AM	5:45- 7:30 AM	5:45-9:00 AM	8:00 - 9:30 AM	1:00 - 2:30 PM
Lap Swim - 8 lanes	Lap Swim - 4 lanes	Lap Swim - 8 lanes				
9:00 - 10:00 AM	7:30 - 9:00 AM	9:00 - 10:00 AM	7:30 - 9:00 AM	9:00 - 10:00 AM	Open Swim - 4 lanes	2:30 - 4:00 PM
Deep Water - 4 lanes	Maintenance	Deep Water - 4 lanes	Maintenance	Deep Water - 4 lanes	9:30 - 11:30 AM	Lap Swim - 6 lanes
Lap Swim - 3 lanes	9:00 - 11:40 AM	Lap Swim - 3 lanes	9:00 - 11:15 AM	Lap Swim - 3 lanes	Y Swim Team - 5 lanes	Open Swim - 2 lanes
Adaptive - 1 lane	Lap Swim - 6 lanes	Adaptive - 1 lane	Lap Swim - 6 lanes	Adaptive - 1 lane	Lap Swim - 3 lanes	
10:00 - 11:00 AM	Adaptive Swim - 2 lanes	10:00 - 11:00 AM	Adaptive Swim - 2 lanes	10:00 - 11:00 AM	11:30 - 4:00 PM	
Shallow Water - 4 lanes	11:40 AM - 1:00 PM	Shallow Water - 4 lanes	11:15 AM - 1:30 PM	Shallow Water - 4 lanes	Lap Swim - 6 lanes	
Lap Swim - 3 lanes	Lap Swim - 8 lanes	Lap Swim - 3 lanes	Lap Swim - 8 lanes	Lap Swim - 3 lanes	Open Swim - 2 lanes	
Adaptive - 1 lane	1:00 - 3:00 PM	Adaptive - 1 lane	1:30 - 3:00 PM	Adaptive - 1 lane		•
11:00 - 1:30 PM	Lap Swim - 6 lanes	11:00 AM - 1:30 PM	Lap Swim - 6 lanes	11:00 AM - 3:00 PM		
Lap Swim - 8 lanes	Open Swim - 2 lanes	Lap Swim - 8 lanes	Open Swim - 2 lanes	Lap Swim - 8 Ianes		
1:30-3:00PM	3:00 - 4:30 PM	1:30 - 3:00 PM	3:00 - 4:30 PM	3:00 - 4:30 PM		
Lap Swim - 6 lanes	Lap Swim - 4 lanes	Lap Swim - 6 lanes	Lap Swim - 4 lanes	Lap Swim - 4 lanes		
Open Swim – 2 lanes	Open Swim - 4 lanes	Open Swim - 2 lanes	Open Swim - 4 lanes	Open Swim - 4 lanes		
3:00 - 4:30 PM	4:30 - 7:00PM	3:00 - 4:30 PM	4:30 - 7:00 PM	4:30 - 7:30 PM		
Lap Swim - 4 lanes	Lap Swim - 2 lanes	Lap Swim - 4 lanes	Lap Swim - 2 lanes	Lap Swim - 2 lanes		
Open Swim - 4 lanes	Y Swim Team - 6 lanes	Open Swim - 4 lanes	Y Swim Team - 6 lanes	Y Swim Team - 6 lanes		
4:30 – 7:30PM	7:00 - 7:45 PM	4:30 - 7:30 PM	7:00 - 7:45 PM	7:30-8:30 PM		
Lap Swim - 2 lanes	Deep Water - 2 lanes	Lap Swim - 2 lanes	Deep Water - 2 lanes	Lap Swim - 6 Ianes		
Y Swim Team - 6 lanes	Lap Swim - 2 lanes	Y Swim Team - 6 lanes	Lap Swim - 3 lanes	Open Swim - 2 lanes		: :: >4454
7:30 - 8:30PM	Pro Scuba - 4 lanes	7:30 - 8:30 PM	Y Swim Team - 2 lanes		The Harrison Family YMCA	
Lap Swim - 6 lanes	7:45 - 8:30 PM	Lap Swim - 6 lanes	7:45 - 8:30 PM		harrisonfamilyy.org	
Open Swim - 2 lanes	Pro Scuba - 4 lanes	Open Swim - 2 lanes	Lap Swim - 6 lanes		252-972-9622	
	Open Swim - 2 lanes		Open Swim - 2 lanes		232-372	3022
	Lap Swim - 2 lanes					



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

8:30 - 9:00 PMPro Scuba - 4 lanes

Schedule Dates:

February 20th, 2017 - June 11th, 2017

Harrison Family YMCA Recreation Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:45 - 8:00 AM	5:45 - 7:30 AM	5:45 - 8:00 AM	5:45 - 7:30 AM	5:45 - 8:00 AM	8:00 - 9:00 AM	
Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Open Swim	
8:00 - 9:00 AM	7:30 - 9:00 AM	8:00 - 9:00 AM	7:30 - 9:00 AM	8:00 - 9:00 AM	9:00 - 10:30 AM	
Aquacise	Maintenance - Closed	Ai Chi Stretch	Maintenance - Closed	Aquacise	Swim Lessons	
9:00 - 11:15 AM	9:00 - 9:30AM	9:00 - 11:15 AM	9:00 - 11:15 AM	9:00 - 11:15 AM	10:30 AM - 12:30 PM	
Adaptive Swim	Open Swim	Adaptive Swim	Adaptive Swim	Adaptive Swim	Open Swim	
11:15 AM - 12:00 PM	9:30 - 12:00 PM	11:15 AM - 12:00 PM	11:15 - 12:00 PM	11:15 AM - 12:00 PM	12:30 - 1:30 PM	
Water Arthritis	Adaptive Swim	Water Arthritis	Open Swim	Water Arthritis	Private Rentals	
12:00 - 1:00 PM	12:00 - 1:00 PM	1:30 - 4:00 PM				
Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Open Swim	
Private Swim Lessons	Private Swim Lessons	Private Swim Lessons	Private Swim Lessons	Private Swim Lessons		
1:00 - 2:00 PM	1:00 - 2:00 PM	All Water Fitne				
Y Programming	Y Programming	Y Programming	Y Programming	Y Programming	included in a Y	
2:00 - 4:50 PM	2:00 - 4:30 PM	During all w				
Open Swim	Open Swim	Open Swim	Open Swim 5:00 – 6:30 PM	Open Swim 4:30 - 5:30 PM Y Childcare	classes, opp Recreation Pool	
5:00 - 6:30 PM	5:00 - 6:30 PM	5:00 - 6:30 PM				
Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Adult Op	
6:30 - 7:15 PM	5:30 - 8:30 PM	Aquatic fitness e used ONLY by adu				
Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Open Swim	of a	
7:15 – 8:30 PM	7:15 - 8:30 PM	7:15 - 8:30 PM	7:15 - 7:45 PM		Must be 14 years	
Open Swim	Open Swim	Open Swim	Open Swim		and s	

All Water Fitness Classes are included in a Y Membership.

Sunday

1:00 - 4:00 PM

Open Swim

> **During all water fitness** classes, opposite end of Recreation Pool is available for Adult Open Swim.

Aquatic fitness equipment may be used ONLY by adults over 18 years of age.

Must be 14 years of age to use spa and sauna.

7:45 - 8:30 PM Open Swim/Discovery Zone



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Schedule Dates:

February 20th, 2017 - June 11th, 2017