

# Harrison Family YMCA Competition Pool Schedule

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



**The Competition and Recreation pools will be closed**

⇒ January 21-22 (all day)

**The Competition pool will be closed**

- ⇒ January 4 (3-close)
- ⇒ January 11 (3-close)
- ⇒ January 19 (3-close)
- ⇒ January 25 (3-close)
- ⇒ January 28 (12-close)

**Schedule Dates:**

**January 2nd, 2017 - February 19th, 2017**

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

# 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 AM – 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 – 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 PM – 2:00 PM Y Programming	1:00 – 2:00 PM Y Programming	1:00 PM – 2:00 PM Y Programming	1:00 – 2:00 PM Y Programming		
2:00 – 4:50 PM Open Swim	2:00 – 4:50 PM Open Swim/Y Childcare	2:00 – 4:50 PM Open Swim	2:00 – 4:50 PM Open Swim	2:00 – 4:00 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	4:00 – 5:00 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	5:00 – 8:30 PM Open Swim		
7:15 – 8:30 PM Open Swim	7:00 – 7:45 PM Deep Water Aerobics	7:15 – 8:30 PM Open Swim	7:00 – 7:45 PM Deep Water Aerobics			
	7:45 – 8:30 PM Open Swim		7:45 – 8:30 PM Open Swim/Discovery Zone			



All Water Fitness Classes are included in a Y Membership.

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.

POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO Y PROGRAMMING OR MAINTENANCE NEEDS/ISSUES AS THEY ARISE.

**Schedule Dates:**  
**January 2nd, 2017 – February 19th, 2017**

**The Harrison Family YMCA**  
**harrisonfamilyy.org**  
**252-972-9622**