



**Competition Pool @ Harrison Family YMCA**  
January 3rd - February 16th

1000 Independence Drive  
Rocky Mount, NC 27804  
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim - 5 Lanes / High School Swim - 3 Lanes 5:30am - 7am	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 5:30am - 7:30am	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 5:30am - 7am	Lap Swim - 5 Lanes / High School Swim - 3 Lanes 5:30am - 7:30am	Lap Swim - 8 Lanes 5:30am - 9am		
7am	Lap Swim - 8 Lanes 7am - 9am	Closed for Maintenance 7:30am - 9am	Lap Swim - 8 Lanes 7am - 9am	Closed for Maintenance 7:30am - 9am		Lap Swim - 3 Lanes / Swim Team - 5 Lanes 7:30am - 9:30am	
9am	Deep Water - 4 Lanes 9am - 10am	Lap Swim - 6 Lanes / Adaptive Swim - 2 Lanes 9am - 12:30pm	Deep Water - 4 Lanes 9am - 10am	Lap Swim - 6 Lanes / Adaptive Swim - 2 Lanes 9am - 12:30pm	Deep Water - 4 Lanes 9am - 10am	Lap Swim - 5 Lanes / High School Swim - 3 Lanes 9:30am - 11am	
	Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11:15am		Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11:15am		Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11:15am		
10am	Shallow Water - 4 Lanes 10am - 11am		Shallow Water - 4 Lanes 10am - 11am		Shallow Water - 4 Lanes 10am - 11am		
11am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 3pm		Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 3pm		Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 3pm	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 11am - 12:30pm	
12pm		Shallow Water - 4 Lanes 12:30pm - 1:15pm		Shallow Water - 4 Lanes 12:30pm - 1:15pm		Lap Swim - 7 Lanes / High School - 1 Lane 12:30pm - 2pm	
		Lap Swim - 3 Lanes / Open Swim - 1 Lane 12:30pm - 1:15pm		Lap Swim - 3 Lanes / Open Swim - 1 Lane 12:30pm - 1:15pm			
1pm		Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1:15pm - 3pm		Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1:15pm - 3pm			Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1pm - 4:30pm
2pm						Lap Swim - 6 Lanes / Open Swim - 2 Lanes 2pm - 4:30pm	
3pm	Lap Swim - 2 lanes/High School Swim - 6 Lanes 3pm - 4:30pm	Lap Swim - 2 lanes/High School Swim - 6 Lanes 3pm - 4:30pm	Lap Swim - 2 lanes/High School Swim - 6 Lanes 3pm - 4:30pm	Lap Swim - 2 lanes/High School Swim - 6 Lanes 3pm - 4:30pm	Lap Swim - 2 lanes/High School Swim - 6 Lanes 3pm - 4:30pm		
4pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 5:30pm		
5pm	Lap Swim - 1/Y Swim - 6/HS Swim - 1 5:30pm - 7pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 5:30pm - 7pm	Lap Swim - 1/Y Swim - 6/HS Swim - 1 5:30pm - 7pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 5:30pm - 7pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 5:30pm - 7pm		
7pm	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 7pm - 8:30pm	Lap Swim - 1 Lane / High School - 3 Lanes 7pm - 8:30pm	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 7pm - 8:30pm	Lap Swim - 1 Lane / High School - 7 Lanes 7pm - 8:30pm	Lap Swim - 1 Lane / High School - 7 Lanes 7pm - 8:30pm		
		Pro Scuba - 4 Lanes 7pm - 8:30pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Recreational Pool @ Harrison Family YMCA  
January 3rd - February 16th

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	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Open Swim</b> 5:30am - 8am	<b>Open Swim</b> 5:30am - 7:30am	<b>Open Swim</b> 5:30am - 8am	<b>Open Swim</b> 5:30am - 7:30am	<b>Open Swim</b> 5:30am - 8am		
7am		<b>Closed for Maintenance</b> 7:30am - 9am		<b>Closed for Maintenance</b> 7:30am - 9am		<b>Open Swim</b> 7:30am - 9am	
8am	<b>Aquacise</b> 8am - 9am		<b>Aquacise</b> 8am - 9am		<b>Aquacise</b> 8am - 9am		
9am	<b>Adaptive Swim</b> 9am - 11:15am	<b>Adaptive Swim</b> 9am - 12pm	<b>Adaptive Swim</b> 9am - 11:15am	<b>Adaptive Swim</b> 9am - 12pm	<b>Adaptive Swim</b> 9am - 11:15am	<b>Swim Lessons</b> 9am - 10:30am	
10am						<b>Open Swim</b> 10:30am - 12:30pm	
11am	<b>Arthritis Aquatic Program</b> 11:15am - 12pm		<b>Arthritis Aquatic Program</b> 11:15am - 12pm		<b>Arthritis Aquatic Program</b> 11:15am - 12pm		
12pm	<b>Open Swim</b> 12pm - 5pm	<b>Open Swim</b> 12pm - 5:30pm	<b>Open Swim</b> 12pm - 5pm	<b>Open Swim</b> 12pm - 5:30pm	<b>Open Swim</b> 12pm - 5pm	<b>Private Rental</b> 12:30pm - 1:30pm	
1pm						<b>Open Swim</b> 1:30pm - 4:30pm	<b>Open Swim</b> 1pm - 4:30pm
5pm	<b>Swim Lessons</b> 5pm - 6:30pm	<b>Swim Lessons</b> 5:30pm - 6:30pm	<b>Swim Lessons</b> 5pm - 6:30pm	<b>Swim Lessons</b> 5:30pm - 6:30pm	<b>Y Programming</b> 5pm - 6pm		
6pm	<b>Aqua Zumba</b> 6:30pm - 7:15pm	<b>Shallow Water Aerobics</b> 6:30pm - 7:15pm	<b>Shallow Water Aerobics</b> 6:30pm - 7:15pm	<b>Shallow Water Aerobics</b> 6:30pm - 7:15pm	<b>Open Swim</b> 6pm - 8:30pm		
7pm	<b>Open Swim</b> 7:15pm - 8:30pm	<b>Open Swim</b> 7:15pm - 8:30pm	<b>Open Swim</b> 7:15pm - 8:30pm	<b>Open Swim</b> 7:15pm - 8:30pm			

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