



**Pool Schedule**  
**Recreational Pool @ Harrison Family YMCA**  
 October 29th - February 15th

1000 Independence Drive  
 Rocky Mount, NC 27804  
 2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Adult Open Swim</b> 5:45am - 8am	<b>Adult Open Swim</b> 5:45am - 7:30am	<b>Adult Open Swim</b> 5:45am - 8am	<b>Adult Open Swim</b> 5:45am - 7:30am	<b>Adult Open Swim</b> 5:45am - 8am		
<b>7am</b>		<b>Closed for Maintenance</b> 7:30am - 9am		<b>Closed for Maintenance</b> 7:30am - 9am			
<b>8am</b>	<b>Aquacise</b> 8am - 9am		<b>Aquacise</b> 8am - 9am		<b>Aquacise</b> 8am - 9am	<b>Open Swim</b> 8am - 9am	
<b>9am</b>	<b>Adaptive Swim</b> 9am - 11:15am	<b>Open Swim</b> 9am - 9:30am	<b>Adaptive Swim</b> 9am - 11:15am	<b>Open Swim</b> 9am - 9:30am	<b>Adaptive Swim</b> 9am - 11:15am	<b>Swim Lessons</b> 9am - 10:30am	
		<b>Adaptive Swim</b> 9:30am - 12pm		<b>Adaptive Swim</b> 9:30am - 12pm			
<b>10am</b>						<b>Open Swim</b> 10:30am - 12:30pm	
<b>11am</b>	<b>Arthritis Aquatic Program</b> 11:15am - 12pm		<b>Arthritis Aquatic Program</b> 11:15am - 12pm		<b>Arthritis Aquatic Program</b> 11:15am - 12pm		
<b>12pm</b>	<b>Adult Open Swim</b> 12pm - 1pm	<b>Adult Open Swim</b> 12pm - 1pm	<b>Adult Open Swim</b> 12pm - 1pm	<b>Adult Open Swim</b> 12pm - 1pm	<b>Adult Open Swim</b> 12pm - 1pm	<b>Private Rental</b> 12:30pm - 1:30pm	
<b>1pm</b>	<b>Y Programming</b> 1pm - 2pm	<b>Y Programming</b> 1pm - 2pm	<b>Y Programming</b> 1pm - 2pm	<b>Y Programming</b> 1pm - 2pm	<b>Y Programming</b> 1pm - 2pm	<b>Open Swim</b> 1:30pm - 4pm	<b>Open Swim</b> 1pm - 4pm
<b>2pm</b>	<b>Open Swim</b> 2pm - 5pm	<b>Open Swim</b> 2pm - 5pm	<b>Open Swim</b> 2pm - 5pm	<b>Open Swim</b> 2pm - 5pm	<b>Open Swim</b> 2pm - 5pm		
<b>5pm</b>	<b>Swim Lessons</b> 5pm - 6:30pm	<b>Swim Lessons</b> 5pm - 6:30pm	<b>Swim Lessons</b> 5pm - 6:30pm	<b>Swim Lessons</b> 5pm - 6:30pm	<b>Open Swim</b> 5pm - 8:30pm		
<b>6pm</b>	<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>Shallow Water Aerobics</b> 6:30pm - 7:15pm			
<b>7pm</b>	<b>Open Swim</b> 7:15pm - 8:30pm	<b>Deep Water Aerobics</b> 7pm - 7:45pm	<b>Open Swim</b> 7:15pm - 8:30pm	<b>Deep Water Aerobics</b> 7pm - 7:45pm			
		<b>Open Swim</b> 7:15pm - 8:30pm		<b>Open Swim/Discovery Zone</b> 7:15pm - 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.



**Pool Schedule**  
**Competition Pool @ Harrison Family YMCA**  
 October 29th - February 15th

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 5:45am - 7am	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 5:45am - 7am	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 5:45am - 7am	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 5:45am - 7am	Lap Swim - 4 Lanes/High School Swim - 4 Lanes 5:45am - 7am		
7am	Lap Swim - 8 Lanes 7am - 9am	Lap Swim - 8 Lanes 7am - 7:30am	Lap Swim - 8 Lanes 7am - 9am	Lap Swim - 8 Lanes 7am - 7:30am	Lap Swim - 8 Lanes 7am - 9am		
		Closed for Maintenance 7:30am - 9am		Closed for Maintenance 7:30am - 9am			
8am						Lap Swim - 4 Lanes/High School Swim - 4 Lanes 8am - 9:30am	
9am	Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11am	Lap Swim - 6 Lanes / Adaptive Swim - 2 Lanes 9am - 11am	Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11am	Lap Swim - 6 Lanes / Adaptive Swim - 2 Lanes 9am - 11am	Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11am	Lap Swim - 5 Lanes / High School Swim - 3 Lanes 9:30am - 11:30am	
	Deep Water - 4 Lanes 9am - 10am		Deep Water - 4 Lanes 9am - 10am		Deep Water - 4 Lanes 9am - 10am		
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 11am - 3pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 3pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 3pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 3pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 3pm	Lap Swim - 6 Lanes / High School Swim - 2 Lanes 11:30am - 12:30pm	
12pm						Lap Swim - 4 Lanes/High School Swim - 4 Lanes 12:30pm - 2:30pm	
1pm							Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1pm - 4pm
2pm						Lap Swim - 6 Lanes / Open Swim - 2 Lanes 2:30pm - 4pm	
3pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 3pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 3pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 3pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 3pm - 5:30pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 3pm - 5:30pm		
5pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 5:30pm - 7pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 5:30pm - 7pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 5:30pm - 7pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 5:30pm - 7pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 5:30pm - 7pm		
7pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 7pm - 8:30pm	Lap Swim - 1 Lane / Swim Team - 3 Lanes 7pm - 8:30pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 7pm - 8:30pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 7pm - 8:30pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 7pm - 8:30pm		
		Pro Scuba - 4 Lanes 7pm - 8:30pm					

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