



Competition Pool @ Harrison Family YMCA
February 17th - May 13th

1000 Independence Drive
Rocky Mount, NC 27804
2529729622

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|--|--|--|--|--|--|--|
| 5am | Lap Swim - 8 Lanes 5:45am - 9am | Lap Swim - 8 Lanes 5:45am - 7:30am | Lap Swim - 8 Lanes 5:45am - 9am | Lap Swim - 8 Lanes 5:45am - 7:30am | Lap Swim - 8 Lanes 5:45am - 9am | | |
| 7am | | Closed for Maintenance 7:30am - 9am | | Closed for Maintenance 7:30am - 9am | | | |
| | | Closed for Maintenance 7:30am - 9am | | Closed for Maintenance 7:30am - 9am | | | |
| 8am | | | | | | Lap Swim - 4 Lanes / Open 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 - 11:15am | Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11am | Lap Swim - 6 Lanes / Adaptive Swim - 2 Lanes 9am - 11:15am | Lap Swim - 3 Lanes / Adaptive Swim - 1 Lane 9am - 11am | Lap Swim - 3 Lanes / Y Swim Team - 5 Lanes 9:30am - 12pm | |
| | 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 - 4:30pm | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 4:30pm | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 4:30pm | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 4:30pm | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 4:30pm | | |
| 12pm | | | | | | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 12pm - 4pm | |
| 1pm | | | | | | | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1pm - 4pm |
| 4pm | Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7:30pm | Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7pm | Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7:30pm | Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7pm | Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7:30pm | | |
| 7pm | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7:30pm - 8:30pm | Lap Swim - 2 Lanes / Deep Water - 2 Lanes 7pm - 7:45pm | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7:30pm - 8:30pm | Deep Water - 3 Lanes 7pm - 7:45pm | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7:30pm - 8:30pm | | |
| | | Pro Scuba - 4 Lanes 7pm - 8:30pm | | Lap Swim - 3 Lanes / Y Swim Team - 2 Lanes 7pm - 7:45pm | | | |
| | | Lap Swim - 2 Lanes / Open Swim - 2 Lanes 7:45pm - 8:30pm | | Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7:45pm - 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
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| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|--|--|--|--|--|---|-------------------------------|
| 5am | Adult Open Swim 5:45am - 8am | Adult Open Swim 5:45am - 7:30am | Adult Open Swim 5:45am - 8am | Adult Open Swim 5:45am - 7:30am | Adult Open Swim 5:45am - 8am | | |
| 7am | | Closed for Maintenance 7:30am - 9am | | Closed for Maintenance 7:30am - 9am | | | |
| 8am | Aquacise 8am - 9am | | Aquacise 8am - 9am | | Aquacise 8am - 9am | Open Swim 8am - 9am | |
| 9am | Adaptive Swim 9am - 11:15am | Open Swim 9am - 9:30am | Adaptive Swim 9am - 11:15am | Open Swim 9am - 9:30am | Adaptive Swim 9am - 11:15am | Swim Lessons 9am - 10:30am | |
| | | Adaptive Swim 9:30am - 12pm | | Adaptive Swim 9:30am - 12pm | | | |
| 10am | | | | | | Open Swim 10:30am - 12:30pm | |
| 11am | Arthritis Aquatic Program 11:15am - 12pm | | Arthritis Aquatic Program 11:15am - 12pm | | Arthritis Aquatic Program 11:15am - 12pm | | |
| 12pm | Adult Open Swim 12pm - 1pm | Adult Open Swim 12pm - 1pm | Adult Open Swim 12pm - 1pm | Adult Open Swim 12pm - 1pm | Adult Open Swim 12pm - 1pm | Private Rental 12:30pm - 1:30pm | |
| | Private Swim Lessons 12pm - 1pm | Private Swim Lessons 12pm - 1pm | Private Swim Lessons 12pm - 1pm | Private Swim Lessons 12pm - 1pm | Private Swim Lessons 12pm - 1pm | | |
| 1pm | Y Programming 1pm - 2pm | Y Programming 1pm - 2pm | Y Programming 1pm - 2pm | Y Programming 1pm - 2pm | Y Programming 1pm - 2pm | Open Swim 1:30pm - 4pm | Open Swim 1pm - 4pm |
| 2pm | Open Swim 2pm - 4:50pm | Open Swim 2pm - 4:50pm | Open Swim 2pm - 4:50pm | Open Swim 2pm - 4:50pm | Open Swim 2pm - 4pm | | |
| 4pm | | | | | Y Programming 4pm - 5pm | | |
| 5pm | Swim Lessons 5pm - 6:30pm | Swim Lessons 5pm - 6:30pm | Swim Lessons 5pm - 6:30pm | Swim Lessons 5pm - 6:30pm | Open Swim 5pm - 8:30pm | | |
| 6pm | Shallow Water Aerobics 6:30pm - 7:15pm | Shallow Water Aerobics 6:30pm - 7:15pm | Shallow Water Aerobics 6:30pm - 7:15pm | Shallow Water Aerobics 6:30pm - 7:15pm | | | |
| 7pm | Open Swim 7:15pm - 8:30pm | Open Swim 7:15pm - 8:30pm | Open Swim 7:15pm - 8:30pm | Open Swim/Discovery Zone 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.