



Competition Pool @ Harrison Family YMCA
August 26th - October 28th

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 - 6 Lanes / Open Swim - 2 Lanes 5:45am - 7:30am	Lap Swim - 8 Lanes 5:45am - 9am	Lap Swim - 6 Lanes / Open Swim - 2 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			
8am						Lap Swim - 3 Lanes / Swim Team - 5 Lanes 8am - 10am	
9am	Deep Water - 4 Lanes 9am - 10am	Lap Swim - 6 Lanes / Adaptive Swim - 2 Lanes 9am - 11:15am	Deep Water - 4 Lanes 9am - 10am	Lap Swim - 6 Lanes / Adaptive Swim - 2 Lanes 9am - 11:15am	Deep Water - 4 Lanes 9am - 10am		
	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	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 10am - 4pm	
11am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 4:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 4:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 4:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 4:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11:15am - 4:30pm		
1pm							Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1pm - 4pm
4pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Swim Team - 6 Lanes 4:30pm - 7pm		
7pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7pm - 8:30pm	Pro Scuba - 4 Lanes 7pm - 8:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7pm - 8:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7pm - 8:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 7pm - 8:30pm		
		Lap Swim - 2 Lanes / Open Swim - 2 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
August 26th - October 28th

1000 Independence Drive
Rocky Mount, NC 27804
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5:45am - 8am	Open Swim 5:45am - 7:30am	Open Swim 5:45am - 8am	Open Swim 5:45am - 7:30am	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	Adaptive Swim 9am - 12pm	Adaptive Swim 9am - 11:15am	Adaptive Swim 9am - 12pm	Adaptive Swim 9am - 11:15am	Swim Lessons 9am - 10:30am	
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	Open Swim 12pm - 5pm	Open Swim 12pm - 5:30pm	Open Swim 12pm - 5pm	Open Swim 12pm - 5:30pm	Open Swim 12pm - 5pm	Private Rental 12:30pm - 1:30pm	
1pm						Open Swim 1:30pm - 4pm	Open Swim 1pm - 4pm
5pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5:30pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5:30pm - 6:30pm	Y Programming 5pm - 6pm		
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	Open Swim 6pm - 8:30pm		
7pm	Open Swim 7:15pm - 8:30pm	Deep Water Aerobics 7pm - 7:45pm	Open Swim 7:15pm - 8:30pm	Deep Water Aerobics 7pm - 7:45pm			
		Open Swim 7:15pm - 8:30pm		Open Swim 7:15pm - 8:30pm			

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