



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Recreational Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
7:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
8:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
9:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
10:00 am	Reservations	Reservations	Reservations	Reservations	Y Programming
11:00 am	Reservations	Water Fitness 11:00 – 11:45	Reservations	Water Fitness 11:00 – 11:45	Reservations
12:00 pm	Reservations	Reservations	Reservations	Reservations	Reservations
1:00 pm	Reservations	MAINTENANCE	Reservations	CLOSED	Reservations
2:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
3:00 pm	Water Fitness 3:15 – 4:00	Y Programming	Water Fitness 3:15 – 4:00	Y Programming	Y Programming
4:00 pm	Y Programming	Y Programming	Y Programming	Y Programming	Y Programming
5:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Reservations
6:00 pm	5:00 – 5:30 5:45 – 6:15 6:30 – 7:00	5:00 – 5:30 5:45 – 6:15 6:30 – 7:00	5:00 – 5:30 5:45 – 6:15 6:30 – 7:00	5:00 – 5:30 5:45 – 6:15 6:30 – 7:00	Reservations
7:00 pm	Water Fitness 7:00 – 7:45	Reservations	Reservations	Water Fitness 7:00 – 7:45	Reservations
8:00 pm	Deep Clean	Deep Clean	Deep Clean	Deep Clean	Deep Clean

Rocky Mount Family YMCA, Inc. d/b/a Harrison Family YMCA
1000 Independence Drive, Rocky Mount, NC 27804 (physical address)
PO Box 4063, Rocky Mount, NC 27803 (mailing address)
P 252 972 9622 F 252 972 3580 harrisonfamilyY.org



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Competition Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
7:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
8:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
9:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
10:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
11:00 am	Reservations	Reservations	Reservations	Reservations	Reservations
12:00 pm	Reservations	Reservations	Reservations	Reservations	Reservations
1:00 pm	Reservations	MAINTENANCE	Reservations	CLOSED	Reservations
2:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
3:00 pm	Swim Team:	Swim Team:	Swim Team:	Swim Team:	Swim Team:
4:00 pm	3:00 – 4:15	3:00 – 4:15	3:00 – 4:15	3:00 – 4:15	3:00 – 4:15
	4:15 – 5:15	4:15 – 5:15	4:15 – 5:15	4:15 – 5:15	4:15 – 5:15
5:00 pm	5:15 – 6:30	5:15 – 6:30	5:15 – 6:30	5:15 – 6:30	5:15 – 6:30
6:00 pm	6:30 – 7:45	6:30 – 7:45	6:30 – 7:45	6:30 – 7:45	6:30 – 7:45
7:00 pm	Reservations	Reservations	Reservations	Reservations	Reservations
8:00 pm	Deep Clean	Deep Clean	Deep Clean	Deep Clean	Deep Clean

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