



**Competition Pool @ Harrison Family YMCA**  
August 28th - October 29th

1000 Independence Drive  
Rocky Mount, NC 27804  
2529729622

|      | MON   | TUE  | WED   | THU  | FRI   | SAT   | SUN   |
|------|---|--|---|--|---|---|---|
| 5am  | Lap Swim - 8 Lanes<br>5:45am - 9am                              | Lap Swim - 8 Lanes<br>5:45am - 7:30am                            | Lap Swim - 8 Lanes<br>5:45am - 9am                              | Lap Swim - 8 Lanes<br>5:45am - 7:30am                            | Lap Swim - 8 Lanes<br>5:45am - 9am                              |   |   |
| 7am  |   | Closed for Maintenance<br>7:30am - 9am                           |   | Closed for Maintenance<br>7:30am - 9am                           |   |   |   |
| 8am  |   |  |   |  |   | Lap Swim - 8 Lanes<br>8am - 8:30am                                |   |
|      |   |  |   |  |   | Lap Swim - 3 Lanes /<br>Y Swim Team - 5 Lanes<br>8:30am - 9:30am  |   |
| 9am  | Lap Swim - 3 Lanes /<br>Adaptive Swim - 1 Lane<br>9am - 11:15am | Lap Swim - 6 Lanes /<br>Adaptive Swim - 2 Lanes<br>9am - 11:15am | Lap Swim - 3 Lanes /<br>Adaptive Swim - 1 Lane<br>9am - 11:15am | Lap Swim - 6 Lanes /<br>Adaptive Swim - 2 Lanes<br>9am - 11:15am | Lap Swim - 3 Lanes /<br>Adaptive Swim - 1 Lane<br>9am - 11:15am | Lap Swim - 2 Lanes /<br>Y Swim Team - 4 Lanes<br>9:30am - 11:30am |   |
|      | Deep Water Aerobics<br>9am - 10am                               |  | Deep Water Aerobics<br>9am - 10am                               |  | Deep Water Aerobics<br>9am - 10am                               | Swim Lessons - 2 Lanes<br>9:30am - 11:30am                        |   |
| 10am | Shallow Water Aerobics<br>10am - 11am                           |  | Shallow Water Aerobics<br>10am - 11am                           |  | Shallow Water Aerobics<br>10am - 11am                           |   |   |
| 11am | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>11am - 4:30pm    | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>11am - 4:30pm     | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>11am - 4:30pm    | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>11am - 4:30pm     | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>11am - 4:30pm    | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>11:30am - 4pm      |   |
| 1pm  |   |  |   |  |   |   | Lap Swim - 8 Lanes<br>1pm - 2:30pm                          |
| 2pm  |   |  |   |  |   |   | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>2:30pm - 4pm |
| 4pm  | Lap Swim - 2 Lanes /<br>Y Swim Team - 6 Lanes<br>4:30pm - 7pm   | Lap Swim - 2 Lanes /<br>Y Swim Team - 6 Lanes<br>4:30pm - 7pm    | Lap Swim - 2 Lanes /<br>Y Swim Team - 6 Lanes<br>4:30pm - 7pm   | Lap Swim - 2 Lanes /<br>Y Swim Team - 6 Lanes<br>4:30pm - 7pm    | Lap Swim - 2 Lanes /<br>Y Swim Team - 6 Lanes<br>4:30pm - 7pm   |   |   |
| 7pm  | Lap Swim - 7 Lanes /<br>Y Swim Team - 1 Lane<br>7pm - 7:30pm    | Deep Water - 2 Lanes<br>7pm - 7:45pm                             | Lap Swim - 7 Lanes /<br>Y Swim Team - 1 Lane<br>7pm - 7:30pm    | Lap Swim - 3 Lanes /<br>Y Swim Team - 2 Lanes<br>7pm - 7:45pm    | Lap Swim - 7 Lanes /<br>Y Swim Team - 1 Lane<br>7pm - 7:30pm    |   |   |
|      | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>7:30pm - 8:30pm  | Lap Swim - 1 Lane / Y<br>Swim Team - 1 Lane<br>7pm - 7:45pm      | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>7:30pm - 8:30pm  | Deep Water - 3 Lanes<br>7pm - 7:45pm                             | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>7:30pm - 8:30pm  |   |   |
|      |   | Pro Scuba - 4 Lanes<br>7pm - 9pm                                 |   | Lap Swim - 6 Lanes /<br>Open Swim - 2 Lanes<br>7:45pm - 8:30pm   |   |   |   |
|      |   | Lap Swim - 4 Lanes<br>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  
August 28th - October 29th

1000 Independence Drive  
Rocky Mount, NC 27804  
2529729622

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