



Competition Pool @ Harrison Family YMCA  
February 16th - May 19th

1000 Independence Drive  
Rocky Mount, NC 27804  
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 9am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 7:30am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 9am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 7:30am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 9am		
7am		Closed for Maintenance 7:30am - 9am		Closed for Maintenance 7:30am - 9am			
8am						Lap Swim - 4 Lanes / Y Swim Team - 4 Lanes 8am - 10:30am	
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		
	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	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 10:30am - 4pm	
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		
1pm							Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1pm - 4pm
4pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7pm	Lap Swim - 2 Lanes / Y Swim Team - 6 Lanes 4:30pm - 7pm		
7pm	Lap Swim - 6 Lanes / Y Swim Team - 2 Lanes 7pm - 7:30pm	Pro Scuba - 4 Lanes 7pm - 8:30pm	Lap Swim - 6 Lanes / Y Swim Team - 2 Lanes 7pm - 7:30pm	Lap Swim - 6 Lanes / Y Swim Team - 2 Lanes 7pm - 7:30pm	Lap Swim - 6 Lanes / Y Swim Team - 2 Lanes 7pm - 7:30pm		
	Lap Swim - 8 Lanes 7:30pm - 8:30pm	Lap Swim - 2 Lanes / Y Swim Team - 2 Lanes 7pm - 7:30pm	Lap Swim - 8 Lanes 7:30pm - 8:30pm	Lap Swim - 8 Lanes 7:30pm - 8:30pm	Lap Swim - 8 Lanes 7:30pm - 8:30pm		
		Lap Swim - 4 Lanes 7:30pm - 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  
February 16th - May 19th

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	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<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		
7am		<b>Closed for Maintenance</b> 7:30am - 9am		<b>Closed for Maintenance</b> 7:30am - 9am			
8am	<b>Aquacise</b> 8am - 9am		<b>Aquacise</b> 8am - 9am		<b>Aquacise</b> 8am - 9am	<b>Open Swim</b> 8am - 9am	
9am	<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			
10am						<b>Open Swim</b> 10:30am - 12:30pm	
11am	<b>Arthritis Aquatic Program</b> 11:15am - 12pm		<b>Arthritis Aquatic Program</b> 11:15am - 12pm		<b>Arthritis Aquatic Program</b> 11:15am - 12pm		
12pm	<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	
1pm	<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
2pm	<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		
5pm	<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		
6pm	<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			
7pm	<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			

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