

Harrison Family YMCA Competition Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 7:30 AM Lap Swim - 8 lanes	5:45 - 7:30 AM Lap Swim - 8 lanes	5:45 - 7:30 AM Lap Swim - 8 lanes	5:45 - 7:30 AM Lap Swim - 8 lanes	5:45 - 7:30 AM Lap Swim - 8 lanes	8:00 - 9:30 AM Lap Swim - 4 lanes Open Swim - 4 lanes	1:00 - 2:30 PM Lap Swim - 8 lanes
7:30 - 9:00 AM Y Swim Team - 5 lanes Lap Swim - 3 lanes	7:30 - 9:00 AM Maintenance	7:30-9:00 AM Y Swim Team -5 lanes Lap Swim - 3 lanes	7:30 - 9:00 AM Maintenance	7:30-9:00 AM Y Swim Team - 5 lanes Lap Swim - 3 lanes		9:30 - 11:30 AM Y Swim Team - 4 lanes Lap Swim - 4 lanes
9:00 - 10:00 AM Deep Water - 4 lanes Lap Swim - 3 lanes Swim Lessons - 1 lane	9:00 - 10:30 AM Lap Swim - 7 lanes Swim Lessons - 1 lanes	9:00 - 10:00 AM Deep Water - 4 lanes	9:00 - 10:30 AM Lap Swim - 7 lanes Swim Lessons - 1 lanes	9:00 - 10:00 AM Deep Water - 4 lanes	11:30 - 4:00 PM Lap Swim - 6 lanes Open Swim - 2 lanes	
10:00 - 11:00 AM Shallow Water - 4 lanes Lap Swim - 3 lanes Swim Lessons - 1 lane	10:30 AM - 1:00 PM Lap Swim - 8 lanes	Lap Swim - 3 lanes Swim Lessons - 1 lane	10:30 AM - 1:00 PM Lap Swim - 8 lanes	Lap Swim - 4 lanes		
11:00 - 1:30 PM Lap Swim - 8 lanes	1:00 - 3:00 PM Lap Swim - 6 lanes Open Swim - 2 lanes	10:00 - 11:00 AM Shallow Water - 4 lanes Lap Swim - 3 lanes Swim Lessons - 1 lane	1:00 - 3:00 PM Lap Swim - 6 lanes Open Swim - 2 lanes	10:00 - 11:00 AM Shallow Water - 4 lanes Lap Swim - 4 lanes	11:00 AM - 2:00 PM Lap Swim - 8 lanes	
1:30 - 3:00PM Lap Swim - 6 lanes Open Swim - 2 lanes	3:00 - 4:00 PM Lap Swim - 5 lanes Open Swim - 3 lanes	11:00 AM - 1:30 PM Lap Swim - 8 lanes	3:00 - 4:00 PM Lap Swim - 5 lanes Open Swim - 3 lanes	2:00 - 4:00 PM Lap Swim - 5 lanes Open Swim - 3 lanes		
3:00 - 4:00 PM Lap Swim - 5 lanes Open Swim - 3 lanes	4:00 - 6:00PM Lap Swim - 2 lanes Y Swim Team - 6 lanes	1:30 - 3:00 PM Lap Swim - 6 lanes Open Swim - 2 lanes	4:00 - 6:00 PM Lap Swim - 2 lanes Y Swim Team - 6 lanes	4:00 - 6:00 PM Lap Swim - 2 lanes Y Swim Team - 6 lanes	6:00-8:30 PM Lap Swim - 6 lanes Open Swim - 2 lanes	
4:00 - 6:00PM Lap Swim - 2 lanes Y Swim Team - 6 lanes	6:00 -7:00 PM Lap Swim - 8 lanes	3:00 - 4:00 PM Lap Swim - 5 lanes Open Swim - 3 lanes	6:00 - 7:00 PM Lap Swim - 8 lanes	7:00 - 7:45 PM Deep Water - 2 lanes Lap Swim - 4 lanes Open Swim - 2 lanes		
6:00 - 8:30PM Lap Swim - 6 lanes Open Swim - 2 lanes	7:00 - 7:45 PM Deep Water - 2 lanes Lap Swim - 2 lanes Pro Scuba - 4 lanes	4:00 - 6:00 PM Lap Swim - 2 lanes Y Swim Team - 6 lanes	7:00 - 7:45 PM Deep Water - 2 lanes Lap Swim - 4 lanes Open Swim - 2 lanes	7:45 - 8:30 PM Lap Swim - 6 lanes Open Swim - 2 lanes		
	8:30 - 9:00 PM Pro Scuba - 4 lanes	6:00 - 8:30 PM Lap Swim - 6 lanes Open Swim - 2 lanes				

The Harrison Family YMCA
harrisonfamily.org
252-972-9622



POOL SCHEDULE IS SUBJECT TO
CHANGE WITHOUT NOTICE DUE TO
UNFORSEEN CIRCUMSTANCES.

Schedule Dates:
June 12th, 2017 - August 27th, 2017

Harrison Family YMCA Recreation Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 8:00 AM Adult Open Swim	5:45 – 7:30 AM Adult Open Swim	5:45 – 8:00 AM Adult Open Swim	5:45 – 7:30 AM Adult Open Swim	5:45 – 8:00 AM Adult Open Swim	8:00 – 9:00 AM Open Swim	1:00 – 4:00 PM Open Swim
8:00 – 9:00 AM Aquacise	7:30 – 9:00 AM Maintenance - Closed	8:00 – 9:00 AM Aquacise	7:30 – 9:00 AM Maintenance - Closed	8:00 – 9:00 AM Aquacise	9:00 – 10:30 AM Swim Lessons	
9:00 – 10:30 AM Swim Lessons	9:00 – 10:30 AM Swim Lessons	9:00 – 10:30 AM Swim Lessons	9:00 – 10:30 AM Swim Lessons	9:00 – 11:15 AM Y Programming	10:30 AM – 12:30 PM Open Swim	
10:30 – 11:15 AM Open Swim	10:30 – 12:00 PM Open Swim	10:30 – 11:15 AM Open Swim	10:30 – 12:00 PM Open Swim	11:15 AM – 12:00 PM Water Arthritis	12:30 – 1:30 PM Private Rentals	
11:15 AM – 12:00 PM Water Arthritis	12:00 – 1:30 PM Adult Open Swim	11:15 AM – 12:00 PM Water Arthritis	12:00 – 1:30 PM Adult Open Swim	12:00 – 1:00 PM Adult Open Swim	1:30 – 4:00 PM Open Swim	
12:00 – 1:30 PM Adult Open Swim Private Swim Lessons	Private Swim Lessons 1:30 – 2:30 PM Mega Camp	12:00 – 1:30 PM Adult Open Swim Private Swim Lessons	Private Swim Lessons 1:30 – 2:30 PM Mega Camp	Private Swim Lessons 1:00 – 3:30 PM Open Swim		
1:30 – 2:30 PM Mega Camp	2:30 – 4:50 PM Open Swim	1:30 – 2:30 PM Mega Camp	2:30 – 4:50 PM Open Swim	3:30 – 4:30 PM Sports Camp		
2:30 – 4:50 PM Open Swim	5:00 – 6:30 PM Swim Lessons	2:30 – 4:50 PM Open Swim	5:00 – 6:30 PM Swim Lessons	4:30 – 8:30 PM Open Swim		
5:00 – 6:30 PM Swim Lessons	6:30 – 7:15 PM Shallow Water Aerobics	5:00 – 6:30 PM Swim Lessons	6:30 – 7:15 PM Shallow Water Aerobics			
6:30 – 7:15 PM Shallow Water Aerobics	7:15 – 8:30 PM Open Swim	6:30 – 7:15 PM Shallow Water Aerobics	7:15 – 7:45 PM Open Swim			
7:15 – 8:30 PM Open Swim		7:15 – 8:30 PM Open Swim	7:45 – 8:30 PM Open Swim/Discovery Zone			

All Water Fitness Classes are included in a Y Membership.

During all water fitness classes, opposite end of Recreation Pool is available for Adult Open Swim.

Aquatic fitness equipment may be used ONLY by adults over 18 years of age.

Must be 14 years of age to use spa and sauna.



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