Harrison Family YMCA Competition Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 7:30 AM	5:45 - 7:30 AM	5:45 – 7:30 AM	5:45 - 7:30 AM	5:45 – 7:30 AM	8:00 - 9:30 AM	1:00 - 2:30 PM
Lap Swim - 8 lanes	Lap Swim - 8 lanes	Lap Swim - 8 lanes	Lap Swim - 8 lanes	Lap Swim - 8 lanes	Lap Swim - 4 lanes	Lap Swim - 8 lanes
7:30 - 9:00 AM	7:30 - 9:00 AM	7:30-9:00 AM	7:30 - 9:00 AM	7:30-9:00 AM	Open Swim - 4 lanes	2:30 - 4:00 PM
Y Swim Team – 5 lanes	Maintenance	Y Swim Team –5 lanes	Maintenance	Y Swim Team - 5 lanes	9:30 - 11:30 AM	Lap Swim - 5 lanes
Lap Swim - 3 lanes	9:00 - 10:30 AM	Lap Swim – 3 lanes	9:00 - 10:30 AM	Lap Swim – 3 lanes	Y Swim Team - 4 lanes	Open Swim - 3 lanes
9:00 - 10:00 AM	Lap Swim - 7 lanes	9:00 - 10:00 AM	Lap Swim - 7 lanes	9:00 - 10:00 AM	Lap Swim - 4 lanes	
Deep Water - 4 lanes	Swim Lessons - 1 lanes	Deep Water - 4 lanes	Swim Lessons - 1 lanes	Deep Water - 4 lanes	11:30 - 4:00 PM	
Lap Swim - 3 lanes	10:30 AM - 1:00 PM	Lap Swim - 3 lanes	10:30 AM - 1:00 PM	Lap Swim - 4 lanes	Lap Swim - 6 lanes	
Swim Lessons - 1 lane	Lap Swim - 8 lanes	Swim Lessons - 1 lane	Lap Swim - 8 lanes	10:00 - 11:00 AM	Open Swim - 2 lanes	
10:00 - 11:00 AM	1:00 - 3:00 PM	10:00 - 11:00 AM	1:00 - 3:00 PM	Shallow Water - 4 lanes		
Shallow Water - 4 lanes	Lap Swim - 6 lanes	Shallow Water - 4 lanes	Lap Swim - 6 lanes	Lap Swim - 4 lanes		
Lap Swim - 3 lanes	Open Swim - 2 lanes	Lap Swim - 3 lanes	Open Swim - 2 lanes	11:00 AM - 2:00 PM		
Swim Lessons - 1 lane	3:00 - 4:00 PM	Swim Lessons - 1 lane	3:00 - 4:00 PM	Lap Swim - 8 lanes		
11:00 - 1:30 PM	Lap Swim - 5 lanes	11:00 AM - 1:30 PM	Lap Swim - 5 lanes	2:00 - 4:00 PM		
Lap Swim - 8 lanes	Open Swim - 3 lanes	Lap Swim - 8 Ianes	Open Swim - 3 lanes	Lap Swim - 5 lanes		
1:30 - 3:00PM	4:00 - 6:00PM	1:30 - 3:00 PM	4:00 - 6:00 PM	Open Swim - 3 lanes		
Lap Swim - 6 lanes	Lap Swim - 2 lanes	Lap Swim - 6 lanes	Lap Swim - 2 lanes	4:00 - 6:00 PM		
Open Swim - 2 lanes	Y Swim Team - 6 lanes	Open Swim - 2 lanes	Y Swim Team - 6 lanes	Lap Swim - 2 lanes		
3:00 - 4:00 PM	6:00 -7:00 PM	3:00 - 4:00 PM	6:00 – 7:00 PM	Y Swim Team - 6 lanes		
Lap Swim - 5 lanes	Lap Swim - 8 lanes	Lap Swim - 5 lanes	Lap Swim – 8 lanes	6:00-8:30 PM		
Open Swim - 3 lanes	7:00 - 7:45 PM	Open Swim - 3 lanes	7:00 - 7:45 PM	Lap Swim - 6 lanes		
4:00 - 6:00PM	Deep Water - 2 lanes	4:00 - 6:00 PM	Deep Water - 2 lanes	Open Swim - 2 lanes	The Harrison F	amily YMCA
Lap Swim - 2 lanes	Lap Swim - 2 lanes	Lap Swim - 2 lanes	Lap Swim - 4 lanes		harrisonfar	nilyy.org
Y Swim Team - 6 lanes	Pro Scuba - 4 Ianes	Y Swim Team - 6 lanes	Open Swim - 2 lanes		252-972	-9622
6:00 - 8:30PM	7:45 - 8:30 PM	6:00 - 8:30 PM	7:45 - 8:30 PM		232-372	-3022
Lap Swim - 6 lanes	Pro Scuba - 4 Ianes	Lap Swim - 6 lanes	Lap Swim - 6 lanes			
Open Swim - 2 lanes	Open Swim - 2 lanes	Open Swim - 2 lanes	Open Swim - 2 lanes			
			-			
	Lap Swim - 2 lanes					



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

Pro Scuba - 4 lanes

Schedule Dates:

June 12th, 2017 - August 27th, 2017

Harrison Family YMCA Recreation Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 8:00 AM	5:45 - 7:30 AM	5:45 - 8:00 AM	5:45 - 7:30 AM	5:45 - 8:00 AM	8:00 - 9:00 AM
Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Adult Open Swim	Open Swim
8:00 - 9:00 AM	7:30 - 9:00 AM	8:00 - 9:00 AM	7:30 - 9:00 AM	8:00 - 9:00 AM	9:00 - 10:30 AM
Aquacise	Maintenance - Closed	Aquacise	Maintenance - Closed	Aquacise	Swim Lessons
9:00 - 10:30 AM	9:00 - 11:15 AM	10:30 AM - 12:30 PM			
Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Y Programming	Open Swim
10:30-11:15 AM	10:30 - 12:00 PM	10:30 - 11:15 AM	10:30 - 12:00 PM	11:15 AM - 12:00 PM	12:30 - 1:30 PM
Open Swim	Open Swim	Open Swim	Open Swim	Water Arthritis	Private Rentals
11:15 AM - 12:00 PM	12:00 - 1:30 PM	11:15 AM - 12:00 PM	12:00 - 1:30 PM	12:00 - 1:00 PM	1:30 - 4:00 PM
Water Arthritis	Adult Open Swim	Water Arthritis	Adult Open Swim	Adult Open Swim	Open Swim
12:00 - 1:30 PM	Private Swim Lessons	12:00 - 1:30 PM	Private Swim Lessons	Private Swim Lessons	
Adult Open Swim	1:30 - 2:30 PM	Adult Open Swim	1:30 - 2:30 PM	1:00 - 3:30 PM	All Water Fitn
Private Swim Lessons	Mega Camp	Private Swim Lessons	Mega Camp	Open Swim	included in a
1:30 - 2:30 PM	2:30 - 4:50 PM	1:30 - 2:30 PM	2:30 - 4:50 PM	3:30 - 4:30 PM	During all v
Mega Camp	Open Swim	Mega Camp	Open Swim	Sports Camp	classes, op
2:30 - 4:50 PM	5:00 - 6:30 PM	2:30 - 4:50 PM	5:00 - 6:30 PM	4:30 - 8:30 PM	Recreation Po
Open Swim	Swim Lessons	Open Swim	Swim Lessons	Open Swim	Adult O
5:00 - 6:30 PM	6:30 - 7:15 PM	5:00 - 6:30 PM	6:30 - 7:15 PM		Aquatic fitness
Swim Lessons	Shallow Water Aerobics	Swim Lessons	Shallow Water Aerobics		used ONLY by ad
6:30 - 7:15 PM	7:15 - 8:30 PM	6:30 - 7:15 PM	7:15 - 7:45 PM		of
Shallow Water Aerobics	Open Swim	Shallow Water Aerobics	Open Swim		Must be 14 year
7:15 – 8:30 PM		7:15 - 8:30 PM	7:45 - 8:30 PM		and
Open Swim		Open Swim	Open Swim/Discovery Zone		

All Water Fitness Classes are included in a Y Membership.

Sunday

1:00 - 4:00 PM

Open Swim

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

quatic fitness equipment may be sed ONLY by adults over 18 years of age.

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



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Schedule Dates:

June 12th, 2017 - August 27th, 2017