



Competition Pool @ Harrison Family YMCA
May 20th - August 25th

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 - 7:30am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 7:30am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 7:30am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 7:30am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 5:45am - 7:30am		
7am	Lap Swim - 3 Lanes / Swim Team - 5 Lanes 7:30am - 9am	Closed for Maintenance 7:30am - 9am	Lap Swim - 3 Lanes / Swim Team - 5 Lanes 7:30am - 9am	Closed for Maintenance 7:30am - 9am	Lap Swim - 3 Lanes / Swim Team - 5 Lanes 7:30am - 9am		
8am						Lap Swim - 6 Lanes / Open Swim - 2 Lanes 8am - 4pm	
9am	Deep Water - 4 Lanes 9am - 10am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 9am - 4pm	Deep Water - 4 Lanes 9am - 10am	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 9am - 4pm	Deep Water - 4 Lanes 9am - 10am		
	Lap Swim - 4 Lanes 9am - 12pm		Lap Swim - 4 Lanes 9am - 12pm		Lap Swim - 4 Lanes 9am - 11am		
10am	Shallow Water - 4 Lanes 10am - 11am		Shallow Water - 4 Lanes 10am - 11am		Shallow Water - 4 Lanes 10am - 11am		
11am	Swim Lessons - 4 Lanes 11am - 12pm		Swim Lessons - 4 Lanes 11am - 12pm		Lap Swim - 6 Lanes / Open Swim - 2 Lanes 11am - 8:30pm		
12pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 12pm - 4pm		Lap Swim - 6 Lanes / Open Swim - 2 Lanes 12pm - 4pm				
1pm							Lap Swim - 6 Lanes / Open Swim - 2 Lanes 1pm - 4pm
4pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 4pm - 6pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 4pm - 6pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 4pm - 6pm	Lap Swim - 1 Lane / Swim Team - 7 Lanes 4pm - 6pm			
6pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 6pm - 8:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 6pm - 7pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 6pm - 8:30pm	Lap Swim - 6 Lanes / Open Swim - 2 Lanes 6pm - 8:30pm			
7pm		Pro Scuba - 4 Lanes 7pm - 8:30pm					
		Lap Swim - 3 Lanes / Open Swim - 1 Lane 7pm - 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
May 20th - August 25th

1000 Independence Drive
Rocky Mount, NC 27804
2529729622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5:45am - 8am	Open Swim 5:45am - 7:30am	Open Swim 5:45am - 8am	Open Swim 5:45am - 7:30am	Open Swim 5:45am - 8am		
7am		Closed for Maintenance 7:30am - 9am		Closed for Maintenance 7:30am - 9am			
8am	Aquacise 8am - 9am		Aquacise 8am - 9am		Aquacise 8am - 9am	Open Swim 8am - 9am	
9am	Swim Lessons 9am - 10:30am	Swim Lessons 9am - 10:30am	Swim Lessons 9am - 10:30am	Swim Lessons 9am - 10:30am	Open Swim 9am - 10am	Swim Lessons 9am - 10:30am	
10am	Swim Lessons 10:30am - 11:15am	Swim Lessons 10:30am - 12pm	Swim Lessons 10:30am - 11:15am	Swim Lessons 10:30am - 12pm	Y Programming 10am - 11am	Open Swim 10:30am - 12:30pm	
11am	Arthritis Aquatic Program 11:15am - 12pm		Arthritis Aquatic Program 11:15am - 12pm		Arthritis Aquatic Program 11:15am - 12pm		
12pm	Open Swim 12pm - 1pm	Open Swim 12pm - 1pm	Open Swim 12pm - 1pm	Open Swim 12pm - 1pm	Open Swim 12pm - 12:30pm	Private Rental 12:30pm - 1:30pm	
					Y Programming 12:30pm - 1:30pm		
1pm	Swim Lessons 1pm - 2pm	Swim Lessons 1pm - 2pm	Swim Lessons 1pm - 2pm	Swim Lessons 1pm - 2pm	Open Swim 1:30pm - 2:30pm	Open Swim 1:30pm - 4pm	Open Swim 1pm - 4pm
2pm	Open Swim 2pm - 2:30pm	Swim Lessons 2pm - 3:30pm	Open Swim 2pm - 2:30pm	Swim Lessons 2pm - 3:30pm	Y Programming 2:30pm - 3:30pm		
	Y Programming 2:30pm - 3:30pm		Y Programming 2:30pm - 3:30pm				
3pm	Open Swim 3:30pm - 5pm	Open Swim 3:30pm - 5pm	Open Swim 3:30pm - 5pm	Open Swim 3:30pm - 5pm	Open Swim 3:30pm - 5pm		
5pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Y Programming 5pm - 6:30pm		
6pm	Shallow Water Aerobics 6:30pm - 7:15pm	Shallow Water Aerobics 6:30pm - 7:15pm	Shallow Water Aerobics 6:30pm - 7:15pm	Shallow Water Aerobics 6:30pm - 7:15pm	Open Swim 6:30pm - 8:30pm		
7pm	Open Swim 7:15pm - 8:30pm	Deep Water Aerobics 7pm - 7:45pm	Open Swim 7:15pm - 8:30pm	Deep Water Aerobics 7pm - 7:45pm			
		Open Swim 7:15pm - 8:30pm		Open Swim 7:15pm - 8:30pm			

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