

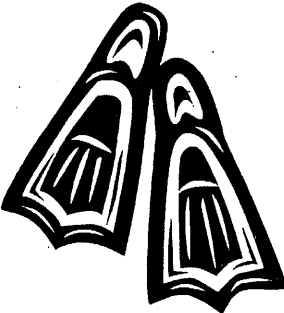
Harrison Family YMCA Competition Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 AM Lap Swim - 5 lanes Masters Team - 3 lanes	6:00-7:30 AM Lap Swim - 8 lanes	6:00-7:00 AM Lap Swim - 5 lanes Masters Team - 3 lanes	6:00-7:30 AM Lap Swim - 8 lanes	6:00-7:00 AM HS Swim Team - 4 lanes Lap Swim - 4 lanes	8:00-9:30 AM Lap Swim - 4 lanes HS Swim Team - 4 lanes	1:00-2:30 PM Lap Swim - 8 lanes
7:00-9:00 AM Lap Swim - 8 lanes	7:30-9:00 AM Maintenance	7:00-9:00 AM Lap Swim - 8 lanes	7:30-9:00 AM Maintenance	7:00-9:00 AM Lap Swim - 8 lanes	9:30-11:30 AM Y Swim Team - 4 lanes Lap Swim - 2 lanes Swim Lessons - 2 lanes	2:30-4:00 PM Lap Swim - 5 lanes Open Swim - 3 lanes
9:00-10:00 AM Deep Water - 4 lanes	9:00-11:30 AM Lap Swim - 4 lanes Adaptive Swim - 4 lanes	9:00-10:00 AM Deep Water - 4 lanes	9:00-11:30 AM Lap Swim - 4 lanes Adaptive Swim - 4 lanes	9:00-10:00 AM Deep Water - 4 lanes		
9:00-11:00 AM Lap Swim - 3 lanes Adaptive Swim - 1 lane	11:30 AM-12:15 PM Lap Swim - 8 lanes	9:00-11:00 AM Lap Swim - 3 lanes Adaptive Swim - 1 lane	11:30 AM-12:15 PM Lap Swim - 8 lanes	9:00-11:00 AM Lap Swim - 3 lanes Adaptive Swim - 1 lane	11:30 AM-2:30 PM Lap Swim - 4 lanes HS Swim Team - 4 lanes	
10:00-11:00 AM Water Aerobics - 4 lanes	12:15 PM-1:15 PM Masters Team - 3 lanes Lap Swim - 5 lanes	10:00-11:00 AM Water Aerobics - 4 lanes	12:15 PM-1:15 PM Masters Team - 3 lanes Lap Swim - 5 lanes	10:00-11:00 AM Water Aerobics - 4 lanes	2:30 PM-4:00 PM Lap Swim - 5 lanes Open Swim - 3 lanes	
11:00-11:30 AM Lap Swim - 5 lanes Adaptive Swim - 3 lanes	1:15-3:00 PM Lap Swim - 4 lanes Open Swim - 4 lanes	11:00-12:00 AM Lap Swim - 6 lanes Adaptive Swim - 2 lanes	1:15-3:00 PM Lap Swim - 4 lanes Open Swim - 4 lanes	11:00-11:30 AM Lap Swim - 5 lanes Adaptive Swim - 3 lanes		
11:30 AM-1:30 PM Lap Swim - 8 lanes	3:00-4:15 PM Lap Swim - 2 lanes	12:00 AM-1:30 PM Lap Swim - 8 lanes	3:00-4:15 PM Lap Swim - 2 lanes	11:30 AM-1:00 PM Lap Swim - 8 lanes		
1:30-3:00 PM Lap Swim - 4 lanes Open Swim - 4 lanes	4:15-5:15 PM Lap Swim - 1 lane	1:30-3:00 PM Lap Swim - 4 lanes NCWC Swim - 4 lanes	4:15-5:15 PM Lap Swim - 1 lane	1:00-3:00 PM Lap Swim - 4 lanes Nash CC - 4 lanes		
3:00-4:15 PM Lap Swim - 2 lanes HS Swim Team - 6 lanes	5:15-6:30 PM Lap Swim - 2 lanes	3:00-4:15 PM Lap Swim - 2 lanes HS Swim Team - 6 lanes	5:15-6:30 PM Lap Swim - 2 lanes	3:00-4:15 PM Lap Swim - 2 lanes HS Swim Team - 6 lanes		
4:15-5:15 PM Lap Swim - 1 lane Y Swim Team - 7 lanes	6:30-7:00 PM Lap Swim - 6 lanes	4:15-5:15 PM Lap Swim - 1 lane Y Swim Team - 7 lanes	6:30-7:00 PM Lap Swim - 6 lanes	4:15-5:15 PM Lap Swim - 1 lane Y Swim Team - 7 lanes		
5:15-6:30 PM Lap Swim - 2 lanes Y Swim Team - 6 lanes	7:00-8:30 PM HS Swim Team - 4 lanes Pro Scuba - 4 lanes	5:15-6:30 PM Lap Swim - 2 lanes Y Swim Team - 6 lanes	7:00-8:30 PM Lap Swim - 1 lane HS Swim Team - 7 lanes	5:15-6:30 PM Lap Swim - 2 lanes Y Swim Team - 6 lanes		
6:30-7:00 PM Lap Swim - 6 lanes Y Swim Team - 2 lanes	8:30-9:00 PM Pro Scuba - 8 lanes	6:30-7:00 PM Lap Swim - 6 lanes Y Swim Team - 2 lanes		6:30-7:00 PM Lap Swim - 6 lanes Y Swim Team - 2 lanes		
7:00-8:30 PM Lap Swim - 1 lane HS Swim Team - 7 lanes		7:00-8:30 PM Lap Swim - 1 lane HS Swim Team - 7 lanes		7:00-8:30 PM HS Swim Team - 8 lanes		

Swim Meet Dates:
 Monday, November 22
 Wednesday, December 1
 Saturday, December 4
 Sunday, December 5
 Friday, December 10
 Saturday, December 18
 Wednesday, January 5
 Saturday, January 8
 Thursday, January 20
 Saturday, January 22
 Sunday, January 23
 Wednesday, January 26

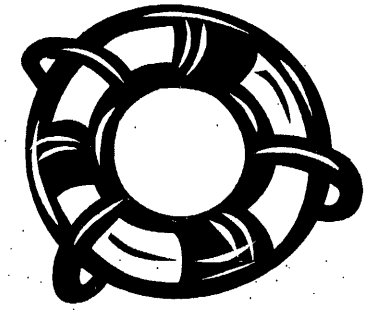
Contact the Y for pool closing information on swim meet dates

Schedule Dates:
 November 1, 2010 - February 20, 2011



Harrison Family YMCA Recreation Pool Schedule

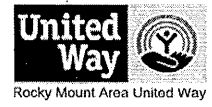
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00 AM Adult Open Swim	6:00-7:30 AM Adult Open Swim	6:00-8:00 AM Adult Open Swim	6:00-7:30 AM Adult Open Swim	6:00-8:00 AM Adult Open Swim	8:00-11:00 AM Swim Lessons	1:00-4:00 PM Open Swim
8:00-9:00 AM Aquacise	7:30-9:00 AM Maintenance - Closed	8:00-9:00 AM Aquacise	7:30-9:00 AM Maintenance - Closed	8:00-9:00 AM Aquacise	11:00 AM-12:30 PM Open Swim	
9:00-11:15 AM Adaptive Swim	9:00-10:00 AM Open Swim	9:00-11:15 AM Adaptive Swim	9:00-10:00 AM Open Swim	9:00-11:15 AM Adaptive Swim	12:30-1:30 PM Y Programming	
11:15 AM-12:00 PM Water Arthritis	10:00-11:15 AM Adaptive Swim	11:15 AM-12:00 PM Water Arthritis	10:00-11:15 AM Adaptive Swim	11:15 AM-12:00 PM Water Arthritis	1:30-4:00 PM Open Swim	
12:00-1:00 PM MS Class Adult Open Swim Private Swim Lessons	11:15 AM-12:00 PM Open Swim	12:00-1:00 PM Adult Open Swim Private Swim Lessons	11:15 AM-12:00 PM Open Swim	12:00-1:00 PM MS Class Adult Open Swim Private Swim Lessons	12:00-1:00 PM Adult Open Swim Private Swim Lessons	
	12:00-1:00 PM Adult Open Swim Private Swim Lessons					
1:00-4:50 PM Open Swim	1:00 PM-2:00 PM Y Programming	1:00-4:50 PM Open Swim	1:00 PM-2:00 PM Home School	1:00-1:45 PM Adaptive Swim	1:45-4:00 PM Open Swim	
4:50-6:00 PM Adult Open Swim Swim Lessons	2:00-4:50 PM Open Swim	4:50-6:00 PM Adult Open Swim Swim Lessons	1:00 PM-2:00 PM Home School	1:45-4:00 PM Open Swim	4:00-5:00 PM Y Childcare	
6:00-6:45 PM Water Aerobics	5:00-6:30 PM Swim Lessons	6:00-6:45 PM Water Aerobics	2:00-4:50 PM Open Swim	5:00-8:30 PM Open Swim		
6:45-8:30 PM Open Swim	6:30-7:15 PM Water Aerobics	6:45-8:30 PM Open Swim	5:00-6:30 PM Swim Lessons			
	7:00-7:45 PM Deep Water Aerobics		6:30-7:15 PM Water Aerobics			
	7:30-8:30 PM Open Swim**		7:00-7:45 PM Deep Water Aerobics			
			7:30-8:30 PM Open Swim**			



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

Aquatic fitness equipment may be used ONLY during Adult Open Swim times.

** Open swim in shallow end only from 7:30-7:45pm



Schedule Dates:
November 1, 2010 - February 20, 2011