

# Harrison Family YMCA **Competition** Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00 - 7:00 AM</b> Lap Swim - 5 lanes Masters Team - 3 lanes	<b>6:00 - 7:30 AM</b> Lap Swim - 8 lanes	<b>6:00 - 7:00 AM</b> Lap Swim - 5 lanes Masters Team - 3 lanes	<b>6:00 - 7:30 AM</b> Lap Swim - 8 lanes	<b>6:00 - 9:00 AM</b> Lap Swim - 8 lanes	<b>8:00 - 8:30 AM</b> Lap Swim - 8 lanes	<b>1:00 - 2:30 PM</b> Lap Swim - 8 lanes
<b>7:00 - 9:00 AM</b> Lap Swim - 8 lanes	<b>7:30 - 9:00 AM</b> Maintenance	<b>7:00 - 9:00 AM</b> Lap Swim - 8 lanes	<b>7:30 - 9:00 AM</b> Maintenance	<b>9:00 - 10:00 AM</b> Deep Water - 4 lanes	<b>8:30 - 9:30 AM</b> Lap Swim - 8 lanes	<b>2:30 - 4:00 PM</b> Lap Swim - 5 lanes Open Swim - 3 lanes
<b>9:00 - 10:00 AM</b> Deep Water - 4 lanes	<b>9:00 - 11:30 AM</b> Lap Swim - 4 lanes Adaptive Swim - 4 lanes	<b>9:00 - 10:00 AM</b> Deep Water - 4 lanes	<b>9:00 - 11:30 AM</b> Lap Swim - 4 lanes Adaptive Swim - 4 lanes	<b>9:00 - 11:00 AM</b> Lap Swim - 3 lanes Adaptive Swim - 1 lane	<b>9:30 - 11:30 AM</b> Y Swim Team - 4 lanes Lap Swim - 2 lanes Swim Lessons - 2 lanes	
<b>9:00 - 11:00 AM</b> Lap Swim - 3 lanes Adaptive Swim - 1 lane	<b>11:30 AM - 12:15 PM</b> Lap Swim - 8 lanes	<b>9:00 - 11:00 AM</b> Lap Swim - 3 lanes Adaptive Swim - 1 lane	<b>11:30 AM - 12:15 PM</b> Lap Swim - 8 lanes	<b>10:00 - 11:00 AM</b> Water Aerobics - 4 lanes	<b>11:30 AM - 1:00 PM</b> Lap Swim - 8 lanes	
<b>10:00 - 11:00 AM</b> Water Aerobics - 4 lanes	<b>12:15 PM-1:30 PM</b> Masters Team - 2 lanes Lap Swim - 6 lanes	<b>10:00 - 11:00 AM</b> Water Aerobics - 4 lanes	<b>12:15 PM-1:30 PM</b> Masters Team - 2 lanes Lap Swim - 6 lanes	<b>11:00 - 11:30 AM</b> Lap Swim - 5 lanes Adaptive Swim - 3 lanes	<b>1:00 PM - 4:00 PM</b> Lap Swim - 5 lanes Open Swim - 3 lanes	
<b>11:00 - 11:30 AM</b> Lap Swim - 5 lanes Adaptive Swim - 3 lanes	<b>1:30 - 4:10 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>11:00 - 11:30 AM</b> Lap Swim - 5 lanes Adaptive Swim - 3 lanes	<b>1:30 - 4:10 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>11:30 AM - 1:00 PM</b> Lap Swim - 8 lanes		
<b>11:30 AM - 1:00 PM</b> Lap Swim - 8 lanes	<b>4:15 - 5:15 PM</b> Lap Swim - 1 lane Y Swim Team - 7 lanes	<b>11:30 AM - 1:00 PM</b> Lap Swim - 8 lanes	<b>4:15 - 5:15 PM</b> Lap Swim - 1 lane Y Swim Team - 7 lanes	<b>1:00 - 3:00 PM</b> Lap Swim - 4 lanes Nash CC - 4 lanes		
<b>1:00 - 2:00 PM</b> Lap Swim - 6 lanes Y Programming - 2 lanes	<b>5:15 - 6:00 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes	<b>1:00 - 2:00 PM</b> Lap Swim - 6 lanes Y Programming - 2 lanes	<b>5:15 - 6:00 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes	<b>3:00 - 4:10 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes		
<b>2:00 - 4:10 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>6:00 - 7:00 PM</b> Lap Swim - 3 lanes Y Swim Team - 5 lanes	<b>2:00 - 4:10 PM</b> Lap Swim - 4 lanes Open Swim - 4 lanes	<b>6:00 - 7:00 PM</b> Lap Swim - 3 lanes Y Swim Team - 5 lanes	<b>4:15 - 5:15 PM</b> Lap Swim - 1 lane Y Swim Team - 7 lanes		
<b>4:15 - 5:15 PM</b> Lap Swim - 1 lane Y Swim Team - 7 lanes	<b>7:00 - 8:30 PM</b> Lap Swim - 2 lanes Pro Scuba - 4 lanes Lifeguard Class - 2 lanes	<b>4:15 - 5:15 PM</b> Lap Swim - 1 lane Y Swim Team - 7 lanes	<b>7:00 - 8:30 PM</b> Lap Swim - 4 lanes Open Swim - 2 lanes Lifeguard Class - 2 lanes	<b>5:15 - 6:00 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes		
<b>5:15 - 6:00 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes	<b>8:30 - 9:00 PM</b> Pro Scuba - 8 lanes	<b>5:15 - 6:00 PM</b> Lap Swim - 2 lanes Y Swim Team - 6 lanes		<b>6:00 - 6:45 PM</b> Lap Swim - 3 lanes Y Swim Team - 5 lanes		
<b>6:00 - 7:00 PM</b> Lap Swim - 3 lanes Y Swim Team - 5 lanes		<b>6:00 - 7:00 PM</b> Lap Swim - 3 lanes Y Swim Team - 5 lanes		<b>6:45-8:30 PM</b> Lap Swim - 5 lanes Open Swim - 3 lanes		
<b>7:00 - 8:30 PM</b> Lap Swim - 4 lanes Swim Lessons - 2 lanes Lifeguard Class - 2 lanes		<b>7:00 - 8:30 PM</b> Lap Swim - 4 lanes Swim Lessons - 2 lanes Open Swim - 2 lanes				



**Competition Pool Hours**

**Monday-Friday**  
6:00 AM - 8:30 PM

**Saturday**  
8:00 AM - 4:00 PM

**Sunday**  
1:00 PM - 4:00 PM

**Note:** Entire aquatic facility including spa and sauna closed on Tuesdays and Thursdays from 7:30 - 9:00 AM for maintenance.



**Schedule Dates:**  
**August 30 - October 31, 2010**

**Swim Meet Dates:**  
Sept. 18-19    Oct. 29    Dec 4-5    Jan 22-23  
Additional Y and High School swim meet dates TBA



# 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	12:00 - 1:00 PM Adult Open Swim Private Swim Lessons 1:00 - 4:50 PM Open Swim	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 1:00 - 1:45 PM Adaptive Swim		
1:00 - 4:50 PM Open Swim	1:00 PM - 2:00 PM Y Programming	4:50 - 6:00 PM Swim Lessons	1:00 PM - 2:00 PM Home School	1:45 - 4:00 PM Open Swim		
4:50 - 6:00 PM Swim Lessons	2:00 - 4:50 PM Open Swim	6:00 - 6:45 PM Water Aerobics	2:00 - 4:50 PM Open Swim	4:00 - 5:00 PM Y Childcare		
6:00 - 6:45 PM Water Aerobics	5:00 - 6:30 PM Swim Lessons	6:45 - 8:30 PM Open Swim	5:00 - 6:30 PM Swim Lessons	5:00 - 8:30 PM Open Swim		
6:45 - 8:30 PM Open Swim	6:30 - 7:15 PM Water Aerobics 7:00 - 7:45 PM Deep Water Aerobics 7:30 - 8:30 PM Open Swim**		6:30 - 7:15 PM Water Aerobics 7:00 - 7:45 PM Deep Water Aerobics 7:30 - 8:30 PM Open Swim**			

**Recreation Pool Hours**  
**Monday-Friday**  
 6:00 AM - 8:30 PM  
**Saturday**  
 8:00 AM - 4:00 PM  
**Sunday**  
 1:00 PM - 4:00 PM

**Note:** Entire aquatic facility including spa and sauna closed on Tuesdays and Thursdays from 7:30 - 9:00 AM for maintenance.



SPA AND SAUNA HOURS*	
Monday thru Friday	6:00 AM - 8:30 PM
Saturday	8:00 AM - 4:00 PM
Sunday	1:00 PM - 4:00 PM
* Must be 14 years of age to use spa and sauna	
Closed for Maintenance	
Tuesday/Thursday	7:30 AM-9:00 AM

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:**  
 August 30 - October 31, 2010

