



Harding Place YMCA
 411 Metroplex Drive
 Nashville, TN 37211
 Phone: 615-834-1300 Fax: 615-834-5482

POOL SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	TIME	SUN
5:00 A	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	6:30 A-8:00 A	OPEN SWIM	1:00 P	OPEN SWIM
5:45 AM	WATER AEROBICS	OPEN SWIM	WATER AEROBICS	OPEN SWIM	WATER AEROBICS	8:00 A – 9:00	WATER AEROBICS	3:00 P-6:00 P	OPEN SWIM
6:45 A	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	9:00 A – 11:00 A	Swim Lessons/ One lane Open	5:45 P	POOL CLOSED
9:30A	Twinges & Hinges	WATER AEROBICS	Twinges & Hinges	WATER AEROBICS	Twinges & Hinges	12:00 P	OPEN SWIM		
10:30 A – 12 P	Swim Lessons/ one lane open	OPEN SWIM	Swim Lessons/ one lane open	OPEN SWIM	OPEN SWIM	4:00 P	OPEN SWIM		
12:00 P	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	5:45 P	CLOSED		
4:00P	OPEN SWIM	Swim Lessons/one lane open	OPEN SWIM	Swim Lessons/one lane open	OPEN SWIM				
5:30 P	AQUA POWER	Swim Lessons/one lane open	OPEN SWIM	Swim Lessons/one lane open	OPEN SWIM				
6:00 P	AQUA POWER	AQUA POWER	OPEN SWIM	AQUA POWER	OPEN SWIM				
7:00 P	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM				
8:45 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL CLOSED				
9:15 PM	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED					

- CHILDREN UNDER 7 MUST HAVE A PARENT OR ADULT OVER THE AGE OF 18 PARTICIPATE WITH THEM

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping persons grow in **spirit, mind and body.**