

## Effective: October 2020

- Swim Lesson Schedule is subject to change. Classes are dependent upon enrollment and may be cancelled.
- 8 - 11 year olds, accompanied by someone 16 or older in the facility.
- Under 8 accompanied by someone 16 or older, either in the pool with them or on the pool deck.
- 12 and under will need to complete a swim test as **identified by the attending guard. Swimmers may be asked to wear a life jacket and/or be within reach of someone 16 or older in the shallow end of the pool.**
- **Lap lanes can accommodate up to 6 swimmers. Please be courteous and let others in the lane know you are entering.**
- **Classes listed \$\$ are paid classes.**
- **Family Swim - the pool is open to all** (must follow highlighted age requirements listed above)
- Adult Open Swim - the pool is open to adults, ages 18 and older, only.
- Only U.S. Coast Guard Approved Swimming Devices will be allowed in pool.
- **Items listed in RED indicates there is no Family Swim space available.**
- **Lap lanes will be available for lap swimmers at all times, except during pool closures, guard breaks and Swim Meets.**

# LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Family Swim</b> 5 a.m. - noon	<b>Family Swim</b> 5 a.m. - 7:15 p.m.	<b>Family Swim</b> 5 a.m. - noon	<b>Family Swim</b> 5 a.m. - 7:15 p.m.	<b>Family Swim</b> 5 a.m. - noon		
	<b>Deep Water Jogging</b> 2 lanes in deep end 5:05 a. - 5:55 a.m.			<b>Deep Water Jogging</b> 2 lanes in deep end 5:05 a. - 5:55 a.m.		
<b>CCHS Swim Team Starts Oct. 26</b> 5:30 a.m. - 7:15 a.m. 4 Lanes	<b>CCHS Swim Team Starts Oct. 27</b> 5:30 a.m. - 7:15 a.m. 4 Lanes	<b>CCHS Swim Team Starts Oct. 28</b> 5:30 a.m. - 7:15 a.m. 4 Lanes	<b>CCHS Swim Team Starts Oct. 29</b> 5:30 a.m. - 7:15 a.m. 4 Lanes	<b>CCHS Swim Team Starts Oct. 30</b> 5:30 a.m. - 7:15 a.m. 4 Lanes		
			<b>Fun &amp; Fit</b> 9 - 9:45 a.m. Faith High Intensity		<b>Family Swim</b> 7 a.m. - 8 a.m.	
<b>Fun &amp; Fit</b> 10 - 10:45 a.m. Faith High Intensity		<b>Fun &amp; Fit</b> 10 - 10:45 a.m. Faith High Intensity	<b>Teacher's Choice</b> 10 - 10:45 a.m. Faith		<b>Capital Aquatics \$\$</b> 8 a.m. - 1:30 p.m. 4 lanes	
<b>Shallow Water</b> 11 - 11:45 a.m. Faith High Intensity		<b>Shallow Water</b> 11 - 11:45 a.m. Faith High Intensity			<b>Family Swim</b> 8 a.m. - 1:30 p.m. 2 lanes	
<b>POOL CLOSED</b> noon - 4		<b>POOL CLOSED</b> noon - 4		<b>POOL CLOSED</b> noon - 4		<b>Beg./Int. Swim Lesson \$\$\$</b> 11 - 11:45 a.m.
<b>NHHS Swim Team Starts Oct. 26</b> 4 p.m. - 5:30 p.m. 4 Lanes	<b>NHHS Swim Team Starts Oct. 27</b> 4 p.m. - 5:30 p.m. 4 Lanes	<b>NHHS Swim Team Starts Oct. 28</b> 4 p.m. - 5:30 p.m. 4 Lanes	<b>NHHS Swim Team Starts Oct. 29</b> 4 p.m. - 5:30 p.m. 4 Lanes	<b>NHHS Swim Team Starts Oct. 30</b> 4 p.m. - 5:30 p.m. 4 Lanes		<b>Family Swim</b> noon - 3 p.m.
<b>Family Swim</b> 4 p.m. - 7:45 p.m. 1 lane for Lap/ Recreational swim	<b>Family Swim</b> 4 p.m. - 7:45 p.m. 1 lane for Lap/ Recreational swim	<b>Family Swim</b> 4 p.m. - 7:45 p.m. 1 lane for Lap/ Recreational swim	<b>Family Swim</b> 4 p.m. - 7:45 p.m. 1 lane for Lap/ Recreational swim	<b>Family Swim</b> 4 p.m. - 7:45 p.m. 1 lane for Lap/ Recreational swim		<b>Family Swim</b> 3:15 - 4:45 p.m.
<b>Capital Aquatics \$\$</b> 5:30p.m. - 7:30 p.m. 5 Lanes	<b>Capital Aquatics \$\$</b> 5:30p.m. - 7:30 p.m. 5 Lanes	<b>Capital Aquatics \$\$</b> 5:30p.m. - 7:30 p.m. 5 Lanes	<b>Capital Aquatics \$\$</b> 5:30p.m. - 7:30 p.m. 5 Lanes	<b>Capital Aquatics \$\$</b> 5:30p.m. - 7:30 p.m. 5 Lanes		
<b>LHS Swim Team Starts Oct. 26</b> 7:30 p.m. - 9 p.m. 2 lanes	<b>LHS Swim Team Starts Oct. 27</b> 7:30 p.m. - 9 p.m. 2 lanes	<b>LHS Swim Team Starts Oct. 28</b> 7:30 p.m. - 9 p.m. 2 lanes	<b>LHS Swim Team Starts Oct. 29</b> 7:30 p.m. - 9 p.m. 2 lanes	<b>LHS Swim Team Starts Oct. 30</b> 7:30 p.m. - 9 p.m. 2 lanes		
<b>Family Swim</b> 7:45p - 8:45p	<b>Family Swim</b> 7:45p - 8:45p	<b>Family Swim</b> 7:45p - 8:45p	<b>Family Swim</b> 7:45p - 8:45p	<b>Family Swim</b> 7:45p - 8:45p		

In accordance with the YMCA of the USA Aquatic Safety guidelines and by recommendation of the National Weather Service and the National Lightning Safety Institute, the YMCA of Harrison County Aquatic Staff follows the following inclement weather procedure:

In the event that thunder is heard or lightning is seen, the pool and entire pool area must be closed, cleared and secured. Activity may resume thirty (30) minutes after the last observed lightning or thunder. This means if there is thunder after 27 minutes of suspended activity, the 30-minute clock starts all over again.

Schedule is subject to change due to usage. As more restrictions are lifted, additional classes and pool operating times will be offered.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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- Swim Lesson Schedule is subject to change. Classes are dependent upon enrollment and may be cancelled.
- 8 - 11 year olds, accompanied by someone 16 or older in the facility.
- Under 8 years accompanied by someone 16 or older, either in the pool with them or on the pool deck.
- The Therapy Pool is open for Adult Open Swim during Preschool Swim Lessons as long as there is enough room for the class participants and that Adult Open Swim participants are respectful of the instructor and class participants by not disrupting the class.
- Classes listed \$\$\$ are paid classes. All other classes are included with a membership. Classes and lessons may be held in the Lap Pool if needed.
- Family/Kid Swim - the pool is open to all (must follow highlighted age requirements listed above)
- Adult Open Swim - the pool is open to adults, ages 18 and older, only
- Only U.S. Coast Guard Approved swimming devices allowed.
- Water weights are for adult use only. Children may use the pool noodles but should not blow water into other's faces with them.

# THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Adult Swim</b> 8 a.m. - 1 p.m.	<b>Adult Swim</b> 8 a.m. - 11 a.m.	<b>Adult Swim</b> 8 a.m. - 1 p.m.	<b>Adult Swim</b> 8 a.m. - 11 a.m.	<b>Adult Swim</b> 8 a.m. - 3 p.m.	<b>Family/Kid Swim</b> 8 a.m. - 9:15 a.m.	
					<b>Parent/Tot Swim Lessons</b> \$\$\$ 9:15 - 9:45 a.m.	
					<b>Preschool Swim Lessons</b> \$\$\$ 10 - 10:45 a.m.	
	<b>Adult Swim</b> 11 a.m. - 1 p.m.		<b>Adult Swim</b> 11 a.m. - 1 p.m.		<b>Family/Kid Swim</b> 11 a.m. - 3 p.m.	<b>Adult Swim</b> noon - 1 p.m.
				<b>Family/Kid Swim</b> noon - 8:45 p.m.		
<b>Family/Kid Swim</b> 1 p.m. - 4 p.m.	<b>POOL CLOSED</b> 1 p.m. - 4 p.m.	<b>Family/Kid Swim</b> 1 p.m. - 4 p.m.	<b>POOL CLOSED</b> 1 p.m. - 4 p.m.			<b>Family/Kid Swim</b> 1 p.m. - 4:45 p.m.
<b>Pat's Class I* (see below)</b> 4 p.m. - 4:45 p.m.	<b>Pat's Class I* (see below)</b> 4 p.m. - 4:45 p.m.	<b>Pat's Class I* (see below)</b> 4 p.m. - 4:45 p.m.	<b>Pat's Class I* (see below)</b> 4 p.m. - 4:45 p.m.		<b>Family/Kid Swim</b> 3:15 - 4:45 p.m.	
<b>Adult Swim</b> 4 p.m. - 5:45 p.m.	<b>Adult Swim</b> 4 p.m. - 5:45 p.m.	<b>Adult Swim</b> 4 p.m. - 5:45 p.m.	<b>Adult Swim</b> 4 p.m. - 5:45 p.m.			
<b>Pat's Class II* (see below)</b> 5 p.m. - 5:45 p.m.	<b>Pat's Class II* (see below)</b> 5 p.m. - 5:45 p.m.	<b>Pat's Class II* (see below)</b> 5 p.m. - 5:45 p.m.	<b>Pat's Class II* (see below)</b> 5 p.m. - 5:45 p.m.			
<b>Pat's Class III* (see below)</b> 6 p.m. - 6:45 p.m.	<b>Pat's Class III* (see below)</b> 6 p.m. - 6:45 p.m.	<b>Pat's Class III* (see below)</b> 6 p.m. - 6:45 p.m.	<b>Pat's Class III* (see below)</b> 6 p.m. - 6:45 p.m.			
<b>Family/Kid Swim</b> 7 p.m. - 8:45 p.m.	<b>Family/Kid Swim</b> 7 p.m. - 8:45 p.m.	<b>Family/Kid Swim</b> 7 p.m. - 8:45 p.m.	<b>Family/Kid Swim</b> 7 p.m. - 8:45 p.m.	<b>Family/Kid Swim</b> 7 p.m. - 8:45 p.m.		
<b>Pool Closes</b> 8:45 p.m.	<b>Pool Closes</b> 8:45 p.m.	<b>Pool Closes</b> 8:45 p.m.	<b>Pool Closes</b> 8:45 p.m.	<b>Pool Closes</b> 8:45 p.m.		

**\*Pat's Classes:** Class is FREE, but space is limited to 7 to allow for social distancing. Reserve your spot by emailing [mhamblen@ymcaharrison.org](mailto:mhamblen@ymcaharrison.org).

**Here are measures in the aquatics department we're putting into place to institute safeguards to ensure a safe environment for everyone:**

- Mask are required while traveling throughout the Y, while in the locker rooms, and while on the pool decks.
- Encouraging social distancing of six feet between each person in pools, on pool decks, and in locker rooms.
- Regularly disinfecting highly touched surfaces such as door handles and equipment after use. There will be a bin for used equipment that needs disinfected prior to use again.
- Locker room surfaces and lockers will be disinfected more regularly. Please keep the locker door open after use.

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