

Lap Pool

JAN 20 - JAN 26 2025

MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25	SUN 26
Lap/Open Swim 4:30am - 5:30am 6 LANES	Lap/Open Swim 4:30am - 5:30am 5 LANES	Lap/Open Swim 4:30am - 5:30am 6 LANES	Lap/Open Swim 4:30am - 5:30am 5 LANES	Lap/Open Swim 4:30am - 5:30am 6 LAP	Capital Aquatics 7:00am - 10:30am 5 LANES/1 LAP	Lap/Open Swim 12:00pm - 2:00pm 6 LANES
CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	Deep Water Jog 4:30am - 5:15am 1 LANE	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	Deep Water Jog 4:30am - 5:15am 1 LANE	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	GUARD BREAK 10:30am - 10:45am	GUARD BREAK 2:00pm - 2:15pm
GUARD BREAK 7:00am - 7:15am	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	GUARD BREAK 7:00am - 7:15am	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	GUARD BREAK 7:00am - 7:15am	Lap Swimming 10:45pm - 2:00pm 4 LAP/2 OPEN	Lap/Open Swim 2:15pm - 4:45pm 4 LAP/2 OPEN
Lap/Open Swim 7:15am - 9:00am 4 LAP/2 OPEN	GUARD BREAK 7:00am - 7:15am	Lap/Open Swim 7:15am - 9:00am 4 LAP/2 OPEN	GUARD BREAK 7:00am - 7:15am	Lap/Open Swim 7:15am - 9:45am 4 LAP/2 OPEN	GUARD BREAK 2:00pm - 2:15pm	CLOSED 4:45pm
Fun & Fit (Faith) 9:00am - 9:45am 4 LANES / 2 LAP	Lap/Open Swim 7:15am - 9:45am 4 LAP/2 OPEN	Fun & Fit (Faith) 9:00am - 9:45am 4 LANES / 2 LAP	Lap/Open Swim 7:15am - 9:00am 4 LAP/2 OPEN	GUARD BREAK 9:45am - 10:00am	Lap/Open Swim 2:15pm - 4:45pm 4 LAP/2 OPEN	
GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	Fun & Fit (Faith) 9:00am - 9:45am 4 LANES / 2 LAP	Lap/Open Swim 10:00am - 2:00pm 4 LAP/2 OPEN	CLOSED 4:45pm	
Total Body (Faith) 10:00am - 10:45am 4 LANES / 2 LAP	Lap/Open Swim 10:00am - 2:00pm 4 LAP/2 OPEN	Total Body (Faith) 10:00am - 10:45am 4 LANES / 2 LAP	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 2:00pm - 2:15pm	LG In-Service 5:00pm - 7:00pm	
Lap/Open Swim 10:45am - 2:00pm 4 LAP/1 OPEN	GUARD BREAK 2:00pm - 2:15pm	Lap/Open Swim 10:45am - 2:00pm 4 LAP/1 OPEN	Total Body (Faith) 10:00am - 10:45am 4 LANES / 2 LAP	Lap/Open Swim 2:15pm - 4:00pm 4 LAP/2 OPEN		
GUARD BREAK 2:00pm - 2:15pm	Lap/Open Swim 2:15pm - 3:30pm 4 LAP/2 OPEN	GUARD BREAK 2:00pm - 2:15pm	Lap/Open Swim 10:45am - 2:00pm 4 LAP/1 OPEN	NHHS Swim Team 4:00pm - 5:30pm 5 LANES/1 LAP		
Lap/Open Swim 2:15pm - 4:00pm 4 LAP/2 OPEN	NHHS Swim Team 3:30pm - 5:00pm 5 LANES/1 LAP	Lap/Open Swim 2:15pm - 4:00pm 4 LAP/2 OPEN	GUARD BREAK 2:00pm - 2:15pm	Capital Aquatics 5:30pm - 7:30pm 6 LANES		
NHHS Swim Team 4:00pm - 5:30pm 5 LANES/1 LAP	Capital Aquatics 5:00pm - 7:30pm 6 LANES	NHHS Swim Team 4:00pm - 5:30pm 5 LANES/1 LAP	Lap/Open Swim 2:15pm - 3:30pm 4 LAP/2 OPEN	GUARD BREAKS 6:30pm - 7:00pm		
Capital Aquatics 5:30pm - 7:30pm 6 LANES	GUARD BREAKS 6:30pm - 7:00pm	Capital Aquatics 5:30pm - 7:30pm 6 LANES	NHHS Swim Team 3:30pm - 5:00pm 5 LANES/1 LAP	LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP		
GUARD BREAKS 6:30pm - 7:00pm	LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP	GUARD BREAKS 6:30pm - 7:00pm	Capital Aquatics 5:00pm - 7:30pm 6 LANES	CLOSED 8:45pm		
LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP	CLOSED 8:45pm	LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP	GUARD BREAKS 6:30pm - 7:00pm			
CLOSED 8:45pm		CLOSED 8:45pm	LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP			
			CLOSED 8:45pm			

Lanes sometimes open for **Lap swim** during the Swim Team practices. Call for availability!

Text "POOL" to (812) 734-0770 for *up-to-the-minute* schedule updates

Check our **Facebook** page for the latest Pool Schedule

Lap Pool

JAN 13 - JAN 19 2025

MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18	SUN 19
Lap/Open Swim 4:30am - 5:30am 6 LAP	Deep Water Jog 4:30am - 5:15am 2 LANES	Lap/Open Swim 4:30am - 5:30am 4 LAP/2 OPEN	Lap/Open Swim 4:30am - 5:30am 4 LAP/2 OPEN	Lap/Open Swim 4:30am - 5:30am 6 LAP	Lap/Open Swim 7:00am - 8:30am 4 LAP/2 OPEN	Lap/Open Swim 12:00pm - 2:00pm 4 LAP/2 OPEN
CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	Capital Aquatics Swim Meet 9:00am - 12:30pm 6 LANES	GUARD BREAK 2:00pm - 2:15pm
GUARD BREAK 7:00am - 7:15am	GUARD BREAK 7:00am - 7:15am	GUARD BREAK 7:00am - 7:15am	GUARD BREAK 7:00am - 7:15am	GUARD BREAK 7:00am - 7:15am	GUARD BREAK 10:30am - 10:45am	Lap/Open Swim 2:15pm - 4:45pm 4 LAP/2 OPEN
Fun & Fit (Faith) 7:30am - 9:00am 4 LANES / 2 LAP	Lap/Open Swim 7:15am - 9:00am 4 LAP/2 OPEN	Lap/Open Swim 7:15am - 9:00am 4 LAP/2 OPEN	Lap/Open Swim 7:15am - 9:00am 4 LAP/2 OPEN	Lap/Open Swim 7:15am - 9:45am 4 LAP/2 OPEN	Lap Swimming 12:45pm - 2:00pm 4 LAP/2 OPEN	CLOSED 4:45pm
GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	Fun & Fit (Faith) 9:00am - 9:45am 4 LANES / 2 LAP	Fun & Fit (Faith) 9:00am - 9:45am 4 LANES / 2 LAP	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 2:00pm - 2:15pm	
ECES Splash! 9:00am - Noon 6 LANES	ECES Splash! 9:00am - Noon 6 LANES	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	Lap/Open Swim 10:00am - 2:00pm 4 LAP/2 OPEN	Lap/Open Swim 2:15pm - 4:45pm 4 LAP/2 OPEN	
Lap/Open Swim Noon - 2:00 pm 4 LAP/2 OPEN	GUARD BREAK 2:00pm - 2:15pm	Total Body (Faith) 10:00am - 10:45am 4 LANES / 2 LAP	Total Body (Faith) 10:00am - 10:45am 4 LANES / 2 LAP	GUARD BREAK 2:00pm - 2:15pm	CLOSED 4:45pm	
GUARD BREAK 2:00pm - 2:15pm	Lap/Open Swim Noon - 3:30pm 4 LAP/2 OPEN	Lap/Open Swim 10:45am - 2:00pm 4 LAP/1 OPEN	Lap/Open Swim 10:45am - 2:00pm 4 LAP/1 OPEN	Lap/Open Swim 2:15 pm - 4:00 pm 4 LAP/2 OPEN		
Lap/Open Swim 2:15 pm - 4:00 pm 4 LAP/2 OPEN	NHHS Swim Team 3:30pm - 5:00pm 5 LANES/1 LAP	GUARD BREAK 2:00pm - 2:15pm	GUARD BREAK 2:00pm - 2:15pm	NHHS Swim Team 4:00 pm - 5:30 pm 5 LANES/1 LAP		
NHHS Swim Team 4:00 pm - 5:30 pm 5 LANES/1 LAP	Capital Aquatics 5:00pm - 7:30pm 6 LANES	Lap/Open Swim 2:15 pm - 4:00 pm 4 LAP/2 OPEN	Lap/Open Swim 2:15 pm - 3:30 pm 4 LAP/2 OPEN	Capital Aquatics 5:30pm - 7:30pm 6 LANES		
Capital Aquatics 5:30pm - 7:30pm 6 LANES	GUARD BREAKS 6:30pm - 7:00pm	NHHS Swim Team 4:00 pm - 5:30 pm 5 LANES/1 LAP	NHHS Swim Team 3:30pm - 5:00pm 5 LANES/1 LAP	GUARD BREAKS 6:30pm - 7:00pm		
GUARD BREAKS 6:30pm - 7:00pm	LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP	Capital Aquatics 5:30pm - 7:30pm 6 LANES	CA Swim Meet 5:00pm - 8:00pm 6 LANES	LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP		
LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP	CLOSED 8:45 pm	GUARD BREAKS 6:30pm - 7:00pm	GUARD BREAKS 6:30pm - 7:00pm	CLOSED 8:45 pm		
CLOSED 8:45 pm		LHS Swim Team 7:30pm - 8:45pm 3 LANES/3 LAP	CLOSED 8:45 pm			
		CLOSED 8:45 pm				

Please Notice Swim Meets Thursday And Saturday

Lanes sometimes open for **Lap swim** during the Swim Team practices. Call for availability!

Text **"POOL"** to (812) 734-0770 for *up-to-the-minute* schedule updates

Check our **Facebook** page for the latest Pool Schedule

Schedules will be released on a weekly basis.

Revision Date 1/17/25

YMCA OF HARRISON COUNTY POOL GUIDELINES

- Under 8 Years Old must be accompanied by someone 18 years old+ in water within arms reach.
- 8-13 Year Olds must be accompanied by someone 18 years old+ on the pool deck within eye line.
- 14 Years and Older must be accompanied by someone 18 year old+ in the facility.
- 16 & Under will need to complete a swim test. Swimmers may be asked to wear a life jacket and/or be within reach of someone 16 years old+ in the shallow end of the pool.
- Only U.S. Coast Guard Approved swimming devices allowed.
- All pool schedules are subject to change.
- **Lanes are sometimes open for Lap swimming during the Swim Team practices. Call for availability.**
- Swim lessons are dependent upon enrollment and may be cancelled. Must register and pay for class in advance.
- Guard Breaks are listed on schedule.
- In accordance with the Aquatic Safety guidelines, the pool will be closed for severe thunderstorm warnings and tornado warnings. Tornado watches will stay closed until after the warning/watch is no longer in place.