

# Lap Pool

**MAR 17 – MAR 23 2025**

MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23
<b>Lap Swim</b> 4:30am – 6:45am 6 LAP	<b>Lap Swim</b> 4:30am – 6:45am 4 LAP	<b>Lap Swim</b> 4:30am – 6:45am 6 LAP	<b>Lap Swim</b> 4:30am – 6:45am 4 LAP	<b>Lap Swim</b> 4:30am – 7:00am 6 LAP	<b>Lap Swim</b> 7:00am – 10:30am 5 LAP	<b>Lap Swim</b> 12:00pm – 2:00pm 6 LAP
<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES/4 LAP	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES/4 LAP	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 2:00pm – 2:15pm
<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 6:45 – 7:00am	<b>Lap Swim</b> 7:00am – 9:45am 6 LAP	<b>Lap Swim</b> 10:45pm – 2:00pm 5 LAP	<b>Lap Swim</b> 2:15pm – 4:45pm 6 LAP
<b>Fun &amp; Fit (Faith)</b> 7:30am – 9:00am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>Fun &amp; Fit (Faith)</b> 7:30am – 9:00am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm
<b>ME Splash!</b> 9:00am – 10:30am 6 LANES	<b>ME Splash!</b> 9:00am – 10:30am 6 LANES	<b>ME Splash!</b> 9:00am – 10:30am 6 LANES	<b>ME Splash!</b> 9:00am – 10:30am 6 LANES	<b>Lap Swim</b> 10:00am – 2:00pm 6 LAP	<b>Lap Swim</b> 2:15pm – 4:45pm 6 LAP	
<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm	
<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP		
<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>GUARD BREAKS</b> 6:30pm – 6:45pm		
<b>Lap Swim</b> 2:15pm – 5:30pm 6 LAP	<b>Lap Swim</b> 2:15pm – 5:00pm 6 LAP	<b>Lap Swim</b> 2:15pm – 5:30pm 6 LAP	<b>Lap Swim</b> 2:15pm – 5:00pm 6 LAP	<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP		
<b>Capital Aquatics</b> 5:30pm – 7:30pm 6 LANES	<b>Capital Aquatics</b> 5:00pm – 7:30pm 6 LANES	<b>Capital Aquatics</b> 5:30pm – 7:30pm 6 LANES	<b>Capital Aquatics</b> 5:00pm – 7:30pm 6 LANES	<b>CLOSED</b> 8:45pm		
<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>GUARD BREAKS</b> 6:30pm – 6:45pm			
<b>Lap Swim</b> 7:30pm – 8:45pm 6 LAP	<b>Lap Swim</b> 7:30pm – 8:45pm 6 LAP	<b>Lap Swim</b> 7:30pm – 8:45pm 6 LAP	<b>Lap Swim</b> 7:30pm – 8:45pm 6 LAP			
<b>CLOSED</b> 8:45pm	<b>CLOSED</b> 8:45pm	<b>CLOSED</b> 8:45pm	<b>CLOSED</b> 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

**MAR 24 – MAR 30 2025**

MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30
<b>Lap Swim</b> 4:30am – 6:45am 6 LAP	<b>Lap Swim</b> 4:30am – 6:45am 4 LAP	<b>Lap Swim</b> 4:30am – 6:45am 6 LAP	<b>Lap Swim</b> 4:30am – 6:45am 4 LAP	<b>Lap Swim</b> 4:30am – 7:00am 6 LAP	<b>Lap Swim</b> 7:00am – 10:30am 5 LAP	<b>Lap Swim</b> 12:00pm – 2:00pm 6 LAP
<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Lifeguard In-service</b> 10:00am – 12:00pm 2 LANES	<b>GUARD BREAK</b> 2:00pm – 2:15pm
<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Lap Swim</b> 7:00am – 9:45am 6 LAP	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>Lap Swim</b> 2:15pm – 4:45pm 6 LAP
<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am – 10:30am 6 LAP	<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap Swim</b> 10:45pm – 2:00pm 5 LAP	<b>Lifeguard In-service</b> 4:00pm – 6:00pm 2 LANES
<b>GUARD BREAK</b> 9:45am – 10:00am	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 10:00am – 2:00pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm
<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES / 2 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 2:15pm – 4:45pm 6 LAP	
<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP	<b>CLOSED</b> 4:45pm	
<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 2:15pm – 4:30pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>GUARD BREAKS</b> 6:30pm – 6:45pm		
<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP	<b>Lap Swim</b> 4:30pm – 6:30pm 4 LAP	<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP		
<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>Lap Swim</b> 2:15pm – 4:30pm 6 LAP	<b>CLOSED</b> 8:45pm		
<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP	<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP	<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP	<b>Lap Swim</b> 4:30pm – 6:30pm 4 LAP			
<b>CLOSED</b> 8:45pm	<b>CLOSED</b> 8:45pm	<b>CLOSED</b> 8:45pm	<b>GUARD BREAKS</b> 6:30pm – 6:45pm			
			<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP			
			<b>CLOSED</b> 8:45pm			

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

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

MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
<b>Lap Swim</b> 4:30am – 6:45am 6 LAP	<b>Lap Swim</b> 4:30am – 6:45am 4 LAP	<b>Lap Swim</b> 4:30am – 6:45am 6 LAP	<b>Lap Swim</b> 4:30am – 6:45am 4 LAP	<b>Lap Swim</b> 4:30am – 7:00am 6 LAP	<b>Lap Swim</b> 7:00am – 10:30am 5 LAP	<b>Lap Swim</b> 12:00pm – 2:00pm 6 LAP
<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 2:00pm – 2:15pm
<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 6:45am – 7:00am	<b>Lap Swim</b> 7:00am – 9:45am 6 LAP	<b>Lap Swim</b> 10:45pm – 2:00pm 5 LAP	<b>Lap Swim</b> 2:15pm – 4:45pm 6 LAP
<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am – 10:30am 6 LAP	<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am – 9:00am 6 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm
<b>GUARD BREAK</b> 9:45am – 10:00am	<b>GUARD BREAK</b> 10:30am – 10:45am	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 10:00am – 2:00pm 6 LAP	<b>Lap Swim</b> 2:15pm – 4:45pm 6 LAP	
<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES / 2 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm	
<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP		
<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>GUARD BREAKS</b> 6:30pm – 6:45pm		
<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP	<b>Private Lessons</b> 4:30pm – 5:30pm 2 LANES	<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP		
<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>Group Lessons</b> 5:30pm – 7:45pm 2 LANES	<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>Lap Swim</b> 2:15pm – 6:30pm 6 LAP	<b>CLOSED</b> 8:45pm		
<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP	<b>GUARD BREAKS</b> 6:30pm – 6:45pm	<b>Lap Swim</b> 6:45pm – 8:45pm 6 LAP	<b>Private Lessons</b> 4:30pm – 5:30pm 2 LANES			
<b>CLOSED</b> 8:45pm	<b>Lap Swim</b> 7:45pm – 8:45pm 6 LAP	<b>CLOSED</b> 8:45pm	<b>Group Lessons</b> 5:30pm – 7:45pm 2 LANES			
	<b>CLOSED</b> 8:45pm		<b>GUARD BREAKS</b> 6:30pm – 6:45pm			
			<b>Lap Swim</b> 7:45pm – 8:45pm 6 LAP			
			<b>CLOSED</b> 8:45pm			

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

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**Schedules will be released on a weekly basis.**

*Revision Date 3/13/25*

### 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.