

Lap Pool

MAR 10 – MAR 16 2025

MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15	SUN 16
Lap Swim 4:30am – 6:45am 6 LAP	Lap Swim 4:30am – 6:45am 4 LAP	Lap Swim 4:30am – 6:45am 6 LAP	Lap Swim 4:30am – 6:45am 4 LAP	Lap Swim 4:30am – 7:00am 6 LAP	Lap Swim 7:00am – 10:30am 5 LAP	Lap Swim 12:00pm – 2:00pm 6 LAP
GUARD BREAK 6:45am – 7:00am	Deep Water Jog 4:30am – 5:15am 2 LANES/4 LAP	GUARD BREAK 6:45am – 7:00am	Deep Water Jog 4:30am – 5:15am 2 LANES/4 LAP	GUARD BREAK 6:45am – 7:00am	GUARD BREAK 10:30am – 10:45am	GUARD BREAK 2:00pm – 2:15pm
Lap Swim 7:00am – 9:00am 6 LAP	GUARD BREAK 6:45am – 7:00am	Lap Swim 7:00am – 9:00am 6 LAP	GUARD BREAK 6:45 – 7:00am	Lap Swim 7:00am – 9:45am 6 LAP	Lap Swim 10:45pm – 2:00pm 5 LAP	Lap Swim 2:15pm – 4:45pm 6 LAP
Fun & Fit (Faith) 9:00am – 9:45am 4 LANES / 2 LAP	Lap Swim 7:00am – 9:00am 6 LAP	Fun & Fit (Faith) 7:30am – 9:00am 4 LANES / 2 LAP	Lap Swim 7:00am – 9:00am 6 LAP	GUARD BREAK 9:45am – 10:00am	GUARD BREAK 2:00pm – 2:15pm	CLOSED 4:45pm
GUARD BREAK 9:45am – 10:00am	ME Splash! 9:00am – 10:30am 6 LANES	ME Splash! 9:00am – 10:30am 6 LANES	ME Splash! 9:00am – 10:30am 6 LANES	Lap Swim 10:00am – 2:00pm 6 LAP	Lap Swim 2:15pm – 4:45pm 6 LAP	
Total Body (Faith) 10:00am – 10:45am 4 LANES / 2 LAP	GUARD BREAK 10:30am – 10:45am	GUARD BREAK 10:30am – 10:45am	GUARD BREAK 10:30am – 10:45am	GUARD BREAK 2:00pm – 2:15pm	CLOSED 4:45pm	
GUARD BREAK 2:00pm – 2:15pm	Lap Swim 10:45am – 2:00pm 6 LAP	Lap Swim 10:45am – 2:00pm 6 LAP	Lap Swim 10:45am – 2:00pm 6 LAP	Lap Swim 2:15pm – 6:30pm 6 LAP		
Lap Swim 2:15pm – 4:00pm 6 LAP	GUARD BREAK 2:00pm – 2:15pm	GUARD BREAK 2:00pm – 2:15pm	GUARD BREAK 2:00pm – 2:15pm	GUARD BREAKS 6:30pm – 6:45pm		
MS Swim Team 4:00pm – 5:00pm 5 LANES/1 LAP	Lap Swim 2:15pm – 4:00pm 6 LAP	Lap Swim 2:15pm – 5:30pm 6 LAP	Lap Swim 2:15pm – 5:00pm 6 LAP	Lap Swim 6:45pm – 8:45pm 6 LAP		
Capital Aquatics 5:30pm – 7:30pm 6 LANES	MS Swim Meet 4:00pm – 7:30pm 6 LANES	Capital Aquatics 5:30pm – 7:30pm 6 LANES	Capital Aquatics 5:00pm – 7:30pm 5 LANES	CLOSED 8:45pm		
GUARD BREAKS 6:30pm – 6:45pm	GUARD BREAKS 6:30pm – 6:45pm	GUARD BREAKS 6:30pm – 6:45pm	GUARD BREAKS 6:30pm – 6:45pm			
Lap Swim 7:30pm – 8:45pm 6 LAP	Lap Swim 7:30pm – 8:45pm 6 LAP	Lap Swim 7:30pm – 8:45pm 6 LAP	Lap Swim 7:30pm – 8:45pm 6 LAP			
CLOSED 8:45pm	CLOSED 8:45pm	CLOSED 8:45pm	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

MAR 17 - MAR 23 2025

MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23
Lap Swim 4:30am - 6:45am 6 LAP	Lap Swim 4:30am - 6:45am 4 LAP	Lap Swim 4:30am - 6:45am 6 LAP	Lap Swim 4:30am - 6:45am 4 LAP	Lap Swim 4:30am - 7:00am 6 LAP	Lap Swim 7:00am - 10:30am 5 LAP	Lap Swim 12:00pm - 2:00pm 6 LAP
GUARD BREAK 6:45am - 7:00am	Deep Water Jog 4:30am - 5:15am 2 LANES/4 LAP	GUARD BREAK 6:45am - 7:00am	Deep Water Jog 4:30am - 5:15am 2 LANES/4 LAP	GUARD BREAK 6:45am - 7:00am	GUARD BREAK 10:30am - 10:45am	GUARD BREAK 2:00pm - 2:15pm
Lap Swim 7:00am - 9:00am 6 LAP	GUARD BREAK 6:45am - 7:00am	Lap Swim 7:00am - 9:00am 6 LAP	GUARD BREAK 6:45 - 7:00am	Lap Swim 7:00am - 9:45am 6 LAP	Lap Swim 10:45pm - 2:00pm 5 LAP	Lap Swim 2:15pm - 4:45pm 6 LAP
Fun & Fit (Faith) 7:30am - 9:00am 4 LANES / 2 LAP	Lap Swim 7:00am - 9:00am 6 LAP	Fun & Fit (Faith) 7:30am - 9:00am 4 LANES / 2 LAP	Lap Swim 7:00am - 9:00am 6 LAP	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 2:00pm - 2:15pm	CLOSED 4:45pm
ME Splash! 9:00am - 10:30am 6 LANES	ME Splash! 9:00am - 10:30am 6 LANES	ME Splash! 9:00am - 10:30am 6 LANES	ME Splash! 9:00am - 10:30am 6 LANES	Lap Swim 10:00am - 2:00pm 6 LAP	Lap Swim 2:15pm - 4:45pm 6 LAP	
GUARD BREAK 10:30am - 10:45am	GUARD BREAK 10:30am - 10:45am	GUARD BREAK 10:30am - 10:45am	GUARD BREAK 10:30am - 10:45am	GUARD BREAK 2:00pm - 2:15pm	CLOSED 4:45pm	
Lap Swim 10:45am - 2:00pm 6 LAP	Lap Swim 10:45am - 2:00pm 6 LAP	Lap Swim 10:45am - 2:00pm 6 LAP	Lap Swim 10:45am - 2:00pm 6 LAP	Lap Swim 2:15pm - 6:30pm 6 LAP		
GUARD BREAK 2:00pm - 2:15pm	GUARD BREAK 2:00pm - 2:15pm	GUARD BREAK 2:00pm - 2:15pm	GUARD BREAK 2:00pm - 2:15pm	GUARD BREAKS 6:30pm - 6:45pm		
Lap Swim 2:15pm - 5:30pm 6 LAP	Lap Swim 2:15pm - 5:00pm 6 LAP	Lap Swim 2:15pm - 5:30pm 6 LAP	Lap Swim 2:15pm - 5:00pm 6 LAP	Lap Swim 6:45pm - 8:45pm 6 LAP		
Capital Aquatics 5:30pm - 7:30pm 6 LANES	Private Lessons 4:30pm - 5:30pm 1-2 LANES	Capital Aquatics 5:30pm - 7:30pm 6 LANES	Private Lessons 4:30pm - 5:30pm 1-2 LANES	CLOSED 8:45pm		
GUARD BREAKS 6:30pm - 6:45pm	Capital Aquatics 5:00pm - 7:30pm 4-5 LANES	GUARD BREAKS 6:30pm - 6:45pm	Capital Aquatics 5:00pm - 7:30pm 4-5 LANES			
Lap Swim 7:30pm - 8:45pm 6 LAP	Group Lessons 5:30pm - 7:45pm 1-2 LANES	Lap Swim 7:30pm - 8:45pm 6 LAP	Group Lessons 5:30pm - 7:45pm 1-2 LANES			
CLOSED 8:45pm	GUARD BREAKS 6:30pm - 6:45pm	CLOSED 8:45pm	GUARD BREAKS 6:30pm - 6:45pm			
	Lap Swim 7:30pm - 8:45pm 6 LAP		Lap Swim 7:30pm - 8:45pm 6 LAP			
	CLOSED 8:45pm		CLOSED 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

Schedules will be released on a weekly basis.

Revision Date 3/7/25

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.