

Lap Pool

MAY 26 – JUNE 1 2025

MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31	SUN 1
MEMORIAL DAY OBSERVANCE	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 – 6:45am 6 LAP	Lap Swim 7:00am – 10:30am 5 LAP	Lap Swim 12:00pm – 2:00pm 6 LAP
	Deep Water Jog 4:30am – 5:15am 2 LANES	GUARD BREAK 6:45am – 7:00am	Deep Water Jog 4:30am – 5:15am 2 LANES	GUARD BREAK 6:45am – 7:00am	Lifeguard Training 10:00am – 1:00pm 1 LANE/5 LAP	GUARD BREAK 2:00pm – 2:15pm
	GUARD BREAK 6:45am – 7:00am	Lap Swim 7:00am – 10:15am 6 LAP	GUARD BREAK 6:45am – 7:00am	Lap Swim 7:00am – 9:45am 6 LAP	GUARD BREAK 10:30am – 10:45am	Lap Swim 2:15pm – 4:45pm 6 LAP
	Lap Swim 7:00am – 10:15am 6 LAP	Fun & Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Lap Swim 7:00am – 9:00am 6 LAP	GUARD BREAK 9:45am – 10:00am	Lap Swim 1:00pm – 2:00pm 6 LAP	CLOSED 4:45pm
	GUARD BREAK 10:15am – 10:30am	GUARD BREAK 9:45am – 10:00am	Fun & Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Lap Swim 10:00am – 2:00pm 5 LAP	GUARD BREAK 2:00pm – 2:15pm	
	Lap Swim 10:30am – 2:00pm 6 LAP	Total Body (Faith) 10:00am – 10:45am 4 LANES /1 LAP	GUARD BREAK 9:45am – 10:00am	Lifeguard Training 10:00am – 1:00pm 1 LANE/5 LAP	Lap Swim 2:15pm – 4:45pm 6 LAP	
	GUARD BREAK 2:00pm – 2:15pm	Lifeguard Training 10:00am – 1:00pm 1 LANE/1 LAP	Total Body (Faith) 10:00am – 10:45am 4 LANES /1 LAP	GUARD BREAK 2:00pm – 2:15pm	CLOSED 4:45pm	
	Lap Swim 2:15pm – 5:15pm 6 LAP	Lap Swim 1:00pm – 2:00pm 6 LAP	Lifeguard Training 10:00am – 1:00pm 1 LANE/1 LAP	Lap Swim 2:15pm – 5:15pm 6 LAP		
	GUARD BREAKS 5:15pm – 5:30pm	GUARD BREAK 2:00pm – 2:15pm	Lap Swim 1:00pm – 2:00pm 6 LAP	GUARD BREAKS 5:15pm – 5:30pm		
	Capital Aquatics 5:30pm – 7:30pm 6 LANES	Lap Swim 2:15pm – 5:15pm 6 LAP	GUARD BREAK 2:00pm – 2:15pm	Capital Aquatics 5:30pm – 7:30pm 6 LANES		
	CLOSED 7:45pm	GUARD BREAKS 5:15pm – 5:30pm	Lap Swim 2:15pm – 4:00pm 6 LAP	CLOSED 7:45pm		
		Capital Aquatics 5:30pm – 7:30pm 6 LANES	Boyscout Testing 4:00pm – 5:15pm 3 LANES/3 LAP			
		CLOSED 7:45pm	GUARD BREAKS 5:15pm – 5:30pm			
			Capital Aquatics 5:30pm – 7:30pm 6 LANES			
			CLOSED 7:45pm			

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

JUNE 2 – JUNE 8 2025

MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	SUN 8
Lap Swim 4:30am – 6:15am 6 LAP	Lap Swim 4:30am – 6:15am 4 LAP	Lap Swim 4:30am – 6:15am 6 LAP	Lap Swim 4:30am – 6:15am 4 LAP	Lap Swim 4:30am – 6:15am 6 LAP	Lap Swim 7:00am – 10:30am 5 LAP	Lap Swim 12:00pm – 2:00pm 6 LAP
GUARD BREAK 6:15am – 6:30am	Deep Water Jog 4:30am – 5:15am 2 LANES	GUARD BREAK 6:15am – 6:30am	Deep Water Jog 4:30am – 5:15am 2 LANES	GUARD BREAK 6:15am – 6:30am	GUARD BREAK 10:30am – 10:45am	GUARD BREAK 2:00pm – 2:15pm
Capital Aquatics 6:30am – 8:30am 6 LANES	GUARD BREAK 6:15am – 6:30am	Capital Aquatics 6:30am – 8:30am 6 LANES	GUARD BREAK 6:15am – 6:30am	Capital Aquatics 6:30am – 8:30am 6 LANES	Lap Swim 10:45am – 2:00pm 6 LAP	Lap Swim 2:15pm – 4:45pm 6 LAP
Fun & Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Capital Aquatics 6:30am – 8:30am 6 LANES	Fun & Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Capital Aquatics 6:30am – 8:30am 6 LANES	Lap Swim 8:30am – 9:45am 6 LAP	GUARD BREAK 2:00pm – 2:15pm	CLOSED 4:45pm
GUARD BREAK 9:45am – 10:00am	Lap Swim 8:30am – 10:15am 6 LAP	GUARD BREAK 9:45am – 10:00am	Fun & Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	GUARD BREAK 9:45am – 10:00am	Lap Swim 2:15pm – 4:45pm 6 LAP	
Total Body (Faith) 10:00am – 10:45am 4 LANES /1 LAP	GUARD BREAK 10:15am – 10:30am	Total Body (Faith) 10:00am – 10:45am 4 LANES /1 LAP	GUARD BREAK 9:45am – 10:00am	Lap Swim 10:00am – 2:00pm 5 LAP	CLOSED 4:45pm	
Lap Swim 10:45am – 2:00pm 6 LAP	Lap Swim 10:30am – 2:00pm 6 LAP	Lap Swim 10:45am – 2:00pm 6 LAP	Total Body (Faith) 10:00am – 10:45am 4 LANES /1 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	Lap Swim 10:45am – 2:00pm 6 LAP	Lap Swim 2:15pm – 5:15pm 6 LAP		
Lap Swim 2:15pm – 5:15pm 6 LAP	Lap Swim 2:15pm – 5:15pm 6 LAP	Lap Swim 2:15pm – 5:15pm 6 LAP	GUARD BREAK 2:00pm – 2:15pm	GUARD BREAKS 5:15pm – 5:30pm		
GUARD BREAKS 5:15pm – 5:30pm	GUARD BREAKS 5:15pm – 5:30pm	GUARD BREAKS 5:15pm – 5:30pm	Lap Swim 2:15pm – 5:15pm 6 LAP	Lap Swim 5:30pm – 7:45pm 6 LAP		
Capital Aquatics 5:30pm – 7:30pm 4 LANES/2 LAP	Capital Aquatics 5:30pm – 7:30pm 4 LANES/1 LAP	Capital Aquatics 5:30pm – 7:30pm 4 LANES/2 LAP	GUARD BREAKS 5:15pm – 5:30pm	CLOSED 7:45pm		
CLOSED 7:45pm	Swim Lessons 4:45pm – 7:45p, 1 LANE/1 LAP	CLOSED 7:45pm	Capital Aquatics 5:30pm – 7:30pm 4 LANES/1 LAP			
	CLOSED 7:45pm		Swim Lessons 4:45pm – 7:45pm 1 LANE/1 LAP			
			CLOSED 7:45pm			

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 5/29/25

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.