

# Lap Pool

**MAY 5 - MAY 11 2025**

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10	SUN 11
<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 - 6:45am 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 - 9:45am 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 4 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>GUARD BREAK</b> 9:45am - 10:00am	<b>Lap Swim</b> 7:00am - 9:45am 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> 9:45am - 10:00am	<b>Lap Swim</b> 10:00am - 2:00pm 6 LAP	<b>GUARD BREAK</b> 9:45am - 10:00am	<b>Lap Swim</b> 10:00am - 2:00pm 6 LAP	<b>Lap Swim</b> 2:15pm - 4:45pm 4 LAP	
<b>Total Body (Faith)</b> 10:00am - 10:45am 4 LANES / 2 LAP	<b>Lap Swim</b> 10:00am - 2:00pm 4 LAP	<b>GUARD BREAK</b> 2:00pm - 2:15pm	<b>Lap Swim</b> 10:00am - 2:00pm 6 LAP	<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> 2:15pm - 5:15pm 6 LAP	<b>GUARD BREAK</b> 2:00pm - 2:15pm	<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP		
<b>GUARD BREAK</b> 2:00pm - 2:15pm	<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP	<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP	<b>GUARD BREAKS</b> 5:15pm - 5:30pm		
<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP	<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES		
<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>Lap Swim</b> 7:30pm - 8:45pm 6 LAP	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>Lap Swim</b> 7:30pm - 8:45pm 6 LAP		
<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>Lap Swim</b> 7:30pm - 8:45pm 6 LAP	<b>CLOSED</b> 8:45pm	<b>Lap Swim</b> 7:30pm - 8:45pm 6 LAP	<b>CLOSED</b> 8:45pm		
<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						

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

MAY 12 - MAY 18 2025

MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17	SUN 18
<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 - 6:45am 6 LAP	<b>Lap Swim</b> 7:00am - 10:30am 6 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 - 10:15am 6 LAP	<b>GUARD BREAK</b> 6:45am - 7:00am	<b>Lap Swim</b> 7:00am - 10:15am 6 LAP	<b>GUARD BREAK</b> 6:45am - 7:00am	<b>Lap Swim</b> 7:00am - 10:15am 6 LAP	<b>Lap Swim</b> 10:45pm - 2:00pm 6 LAP	<b>Lap Swim</b> 2:15pm - 4:45pm 6 LAP
<b>Fun &amp; Fit (Faith)</b> 9:00am - 10:30am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am - 10:15am 6 LAP	<b>Fun &amp; Fit (Faith)</b> 9:00am - 10:30am 4 LANES / 2 LAP	<b>Lap Swim</b> 7:00am - 10:15am 6 LAP	<b>GUARD BREAK</b> 10:15am - 10:30am	<b>GUARD BREAK</b> 2:00pm - 2:15pm	<b>CLOSED</b> 4:45pm
<b>GUARD BREAK</b> 10:15am - 10:30am	<b>GUARD BREAK</b> 10:15am - 10:30am	<b>GUARD BREAK</b> 10:15am - 10:30am	<b>Fun &amp; Fit (Faith)</b> 9:00am - 10:30am 4 LANES / 2 LAP	<b>Lap Swim</b> 10:30am - 2:00pm 6 LAP	<b>Lap Swim</b> 2:15pm - 4:45pm 6 LAP	
<b>WCES Splash!</b> 10:30am - 12:00pm 6 LANES	<b>WCES Splash!</b> 10:30am - 12:00pm 6 LANES	<b>WCES Splash!</b> 10:30am - 12:00pm 6 LANES	<b>GUARD BREAK</b> 10:15am - 10:30am	<b>GUARD BREAK</b> 2:00pm - 2:15pm	<b>CLOSED</b> 4:45pm	
<b>Lap Swim</b> 12:00pm - 2:00pm 6 LAP	<b>Lap Swim</b> 12:00pm - 2:00pm 6 LAP	<b>Lap Swim</b> 12:00pm - 2:00pm 6 LAP	<b>WCES Splash!</b> 10:30am - 12:00pm 6 LANES	<b>Lap Swim</b> 2:15pm - 5:15pm 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>Lap Swim</b> 12:00pm - 2:00pm 6 LAP	<b>GUARD BREAKS</b> 5:15pm - 5:30pm		
<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP	<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP	<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP	<b>GUARD BREAK</b> 2:00pm - 2:15pm	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES		
<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>Lap Swim</b> 2:15pm - 5:15pm 6 LAP	<b>Lap Swim</b> 7:30pm - 8:45pm 6 LAP		
<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>GUARD BREAKS</b> 5:15pm - 5:30pm	<b>CLOSED</b> 8:45pm		
<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>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES			
<b>CLOSED</b> 8:45pm	<b>CLOSED</b> 8:45pm	<b>CLOSED</b> 8:45pm	<b>Lap Swim</b> 7:30pm - 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

Schedules will be released on a weekly basis.

*Revision Date 5/1/25*

## 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.