

Lap Pool JUNE 16 – JUNE 22 2025

MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21	SUN 22
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 5 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	Private Swim Lessons 11:00am – Noon 1 LANE/5 LAP	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	GUARD BREAK 2:00pm – 2:15pm	GUARD BREAK 2:00pm – 2:15pm	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 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	GUARD BREAKS 5:15pm – 5:30pm	GUARD BREAKS 5:15pm – 5:30pm	CLOSED 7:45pm		
CLOSED 7:45pm	Group Swim Lessons 4:45pm – 7:45p, 1 LANE/1 LAP	Capital Aquatics 5:30pm – 7:30pm 4 LANES/2 LAP	Capital Aquatics 5:30pm – 7:30pm 4 LANES/1 LAP			
	CLOSED 7:45pm	CLOSED 7:45pm	Group Swim Lessons 4:45pm – 7:45pm 1 LANE/1 LAP			
			CLOSED 7:45pm			
Total Lap Hours Available <u>11.5/15.25</u>	Total Lap Hours Available <u>12/15.25</u>	Total Lap Hours Available <u>11.5/15.25</u>	Total Lap Hours Available <u>11.5/15.25</u>	Total Lap Hours Available <u>10/15.25</u>	Total Lap Hours Available <u>9/9.75</u>	Total Lap Hours Available <u>4.5/4.75</u>

Weekly total
71 hours/90.75
79%
Total Operational
Hours dedicated
to Lap Swim

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 23 – JUNE 29 2025

MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29
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 6 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	Lifeguard Certifications 10:00am – 5:00pm 1 LANE	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	GUARD BREAK 10:30am – 10:45am	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	Lap Swim 10:45am – 2:00pm 5 LAP	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	GUARD BREAK 2:00pm – 2:15pm	
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	Lap Swim 2:15pm – 4:45pm 5 LAP	
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	CLOSED 4:45pm	
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 5 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	Lifeguard Certifications 6:00pm – 8:45pm 1 LANE		
CLOSED 7:45pm	Group 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		
	CLOSED 7:45pm		Group Swim Lessons 4:45pm – 7:45pm 1 LANE/1 LAP			
			CLOSED 7:45pm			
Total Lap Hours Available <u>11.5/15.25</u>	Total Lap Hours Available <u>12/15.25</u>	Total Lap Hours Available <u>11.5/15.25</u>	Total Lap Hours Available <u>11.5/15.25</u>	Total Lap Hours Available <u>10/15.25</u>	Total Lap Hours Available <u>9/9.75</u>	Total Lap Hours Available <u>4.5/4.75</u>

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Schedules will be released on a weekly basis.

Revision Date 6/20/25

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.