

# Pool

## JULY 7 – JULY 13th 2025

MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
<b>Lap Swim</b> 4:30am – 6:15am 6 LAP  <b>GUARD BREAK</b> 6:15am – 6:30am  <u>Capital Aquatics</u> 6:30am – 8:30am 6 LANES  <u>Fun &amp; Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP  <b>GUARD BREAK</b> 9:45am – 10:00am  <u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /1 LAP  <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 BREAKS</b> 5:15pm – 5:30pm  <u>Capital Aquatics</u> 5:30pm – 7:30pm 4 LANES/2 LAP  <b>CLOSED</b> 7:45pm	<b>Lap Swim</b> 4:30am – 6:15am 4 LAP  <u>Deep Water Jog</u> 4:30am – 5:15am 2 LANES  <b>GUARD BREAK</b> 6:15am – 6:30am  <u>Capital Aquatics</u> 6:30am – 8:30am 6 LANES  <u>Fun &amp; Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP  <b>Lap Swim</b> 8:30am – 10:15am 6 LAP  <b>GUARD BREAK</b> 10:15am – 10:30am  <b>Lap Swim</b> 10:30am – 2:00pm 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  <u>Capital Aquatics</u> 5:30pm – 7:30pm 4 LANES/1 LAP  <u>Group Swim Lessons</u> 4:45pm – 7:45p, 1 LANE/1 LAP  <b>CLOSED</b> 7:45pm	<b>Lap Swim</b> 4:30am – 6:15am 6 LAP  <b>GUARD BREAK</b> 6:15am – 6:30am  <u>Capital Aquatics</u> 6:30am – 8:30am 6 LANES  <u>Fun &amp; Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP  <b>GUARD BREAK</b> 9:45am – 10:00am  <u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /1 LAP  <u>Washington County Kids in Pool</u> 11:00am – 12:30pm 3 LANES  <b>Lap Swim</b> 12:30pm – 2:00pm 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  <u>Capital Aquatics</u> 5:30pm – 7:30pm 4 LANES/2 LAP  <u>Group Swim Lessons</u> 4:45pm – 7:45pm 1 LANE/1 LAP  <b>CLOSED</b> 7:45pm	<b>Lap Swim</b> 4:30am – 6:15am 4 LAP  <u>Deep Water Jog</u> 4:30am – 5:15am 2 LANES  <b>GUARD BREAK</b> 6:15am – 6:30am  <u>Capital Aquatics</u> 6:30am – 8:30am 6 LANES  <u>Fun &amp; Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP  <b>GUARD BREAK</b> 9:45am – 10:00am  <u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /1 LAP  <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 BREAKS</b> 5:15pm – 5:30pm  <u>Capital Aquatics</u> 5:30pm – 7:30pm 4 LANES/1 LAP  <b>CLOSED</b> 7:45pm	<b>Lap Swim</b> 4:30am – 6:15am 6 LAP  6 LAP  <b>GUARD BREAK</b> 6:15am – 6:30am  <u>Capital Aquatics</u> 6:30am – 8:30am 5 LANES/1 LAP  <b>Lap Swim</b> 8:30am – 9:45am 6 LAP  <b>GUARD BREAK</b> 9:45am – 10:00am  <b>Lap Swim</b> 10:00am – 2:00pm 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> 5:30pm – 7:45pm 6 LAP  <b>CLOSED</b> 7:45pm	<b>Lap Swim</b> 7:00am – 10:30am 6 LAP  <b>GUARD BREAK</b> 10:30am – 10:45am  <b>Lap Swim</b> 10:45am – 2:00pm 5 LAP  <b>GUARD BREAK</b> 2:00pm – 2:15pm  <b>Lap Swim</b> 2:15pm – 4:45pm 5 LAP  <b>CLOSED</b> 4:45pm	<b>Lap Swim</b> 12:00pm – 2:00pm 4 LAP  <u>DAN S.C.U.B.A</u> 1:00pm – 3:00pm 2 LANES  <b>GUARD BREAK</b> 2:00pm – 2:15pm  <b>Lap Swim</b> 2:15pm – 4:45pm 6 LAP  <b>CLOSED</b> 4:45pm

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

# Pool

## JULY 14 – JULY 20th

MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19	SUN 20
<b>Lap Swim</b> 4:30am – 6:15am 6 LAP	<b>Lap Swim</b> 4:30am – 6:15am 4 LAP	<b>Lap Swim</b> 4:30am – 6:15am 6 LAP	<b>Lap Swim</b> 4:30am – 6:15am 4 LAP	<b>Lap Swim</b> 4:30am – 6:15am 6 LAP	<b>Lap Swim</b> 7:00am – 9:15am 6 LAP	<b>Lap Swim</b> 12:00pm – 2:00pm 4 LAP
<b>GUARD BREAK</b> 6:15am – 6:30am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES	<b>GUARD BREAK</b> 6:15am – 6:30am	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES	<b>GUARD BREAK</b> 6:15am – 6:30am	<b>GUARD BREAK</b> 9:15am – 9:30am	<b>GUARD BREAK</b> 2:00pm – 2:15pm
<b>Capital Aquatics</b> 6:30am – 8:30am 5 LANES/1 LAP	<b>GUARD BREAK</b> 6:15am – 6:30am	<b>Capital Aquatics</b> 6:30am – 8:30am 5 LANES/1 LAP	<b>GUARD BREAK</b> 6:15am – 6:30am	<b>Capital Aquatics</b> 6:30am – 8:30am 5 LANES/1 LAP	<b>Lap Swim</b> 9:30am – 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>Capital Aquatics</b> 6:30am – 8:30am 5 LANES/1 LAP	<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES /2 LAP	<b>Capital Aquatics</b> 6:30am – 8:30am 5 LANES/1 LAP	<b>Lap Swim</b> 8:30am – 9:45am 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm
<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap Swim</b> 8:30am – 10:15am 6 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Fun &amp; Fit (Faith)</b> 9:00am – 9:45am 4 LANES /2 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap Swim</b> 2:15pm – 4:45pm 5 LAP	<b>Lifeguard In-Service</b> 5:00pm – 7:00pm
<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES /1 LAP	<b>GUARD BREAK</b> 10:15am – 10:30am	<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES /1 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap Swim</b> 10:00am – 2:00pm 6 LAP	<b>CLOSED</b> 4:45pm	
<b>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<b>Lap Swim</b> 10:30am – 2:00pm 6 LAP	<b>Lap Swim</b> 11:00am – 2:00pm 6 LAP	<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES /1 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>Lap Swim</b> 10:45am – 2:00pm 6 LAP	<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>Lap Swim</b> 2:15pm – 5:15pm 5 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<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>Private Swim Lessons</b> 3:00pm – 6:00pm, 1 LANE/5 LAP	<b>Lap Swim</b> 2:15pm – 5:15pm 6 LAP	<b>Lap Swim</b> 5:30pm – 7:45pm 6 LAP		
<b>Capital Aquatics</b> 5:30pm – 7:30pm 4 LANES/2 LAP	<b>Capital Aquatics</b> 5:30pm – 7:30pm 4 LANES/1 LAP	<b>GUARD BREAKS</b> 5:15pm – 5:30pm	<b>GUARD BREAKS</b> 5:15pm – 5:30pm	<b>CLOSED</b> 7:45pm		
<b>CLOSED</b> 7:45pm	<b>Group Swim Lessons</b> 4:45pm – 7:45p, 1 LANE/1 LAP	<b>Capital Aquatics</b> 5:30pm – 7:30pm 4 LANES/2 LAP	<b>Capital Aquatics</b> 5:30pm – 7:30pm 4 LANES/1 LAP			
	<b>CLOSED</b> 7:45pm	<b>CLOSED</b> 7:45pm	<b>Group Swim Lessons</b> 4:45pm – 7:45pm 1 LANE/1 LAP			
			<b>CLOSED</b> 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

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

*Revision Date 7/3/25*

## 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.