

Pool Schedule

NOV 10th - NOV 16th 2025

MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15	SUN 16
Lap Swim 4:30am - 5:30am 6 LAP CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP GUARD BREAK 7:00am - 7:15am Fun and Fit (Faith) 7:30am - 9:00am 4 LANES/2 LAP CE SPLASH! 9:00am - 10:30am 6 LANES GUARD BREAK 9:45am - 10:00am Lap Swim 10:00am - 2:00pm 2 LAP GUARD BREAK 2:00pm - 2:30pm Lap Swim 2:30pm - 4:00pm 6 LAP NHHS Swim Team 4:00pm - 5:30pm 5 LANES/1 LAP Group Swim Lessons 4:45pm - 7:45pm 1 LANE [GUARD BREAK] 5:30 - 5:45pm Capital Aquatics 5:30pm - 7:30pm 6 LANE LHS Swim Team 7:30pm - 9:00pm 3 LANES/3 LAP CLOSED 9:00pm	Lap Swim 4:30am - 5:30am 4 LAP Deep Water Jog 4:30am - 5:15am 2 LANES /4 LAP CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP GUARD BREAK 7:00am - 7:15am Lap Swim 7:15am - 9:00am 6 LAP CE SPLASH! 9:00am - 10:30am 6 LANES GUARD BREAK 9:45am - 10:00am GUARD BREAK 10:00am - 2:00pm 2 LAP GUARD BREAK 2:00pm - 2:15pm Lap Swim 2:15pm - 3:30pm 6 LAP NHHS Swim Team 3:30pm - 5:00pm 5 LANES/1 LAP [GUARD BREAK] 5:00pm - 5:15pm Capital Aquatics 5:00pm - 7:30pm 5 LANES LHS Swim Team 7:30pm - 9:00pm 3 LANES/3 LAP CLOSED 9:00pm	Lap Swim 4:30am - 5:30am 6 LAP CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP GUARD BREAK 7:00am - 7:15am Fun and Fit (Faith) 7:30am - 9:00am 4 LANES/2 LAP CE SPLASH! 9:00am - 10:30am 6 LANES GUARD BREAK 9:45am - 10:00am Lap Swim 10:00am - 2:00pm 2 LAP GUARD BREAK 2:00pm - 2:30pm Lap Swim 2:30pm - 4:00pm 6 LAP NHHS Swim Team 4:00pm - 5:30pm 5 LANES/1 LAP [GUARD BREAK] 5:30 - 5:45pm Capital Aquatics 5:30pm - 7:30pm 6 LANE LHS Swim Team 7:30pm - 9:00pm 3 LANES/3 LAP CLOSED 9:00pm	Lap Swim 4:30am - 6:15am 4 LAP Deep Water Jog 4:30am - 5:15am 2 LANES /4 LAP CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP GUARD BREAK 7:00am - 7:15am Lap Swim 7:15am - 9:00am 6 LAP CE SPLASH! 9:00am - 10:30am 6 LANES GUARD BREAK 9:45am - 10:00am GUARD BREAK 10:00am - 2:00pm 2 LAP GUARD BREAK 2:00pm - 2:15pm Lap Swim 2:15pm - 3:30pm 6 LAP NHHS Swim Team 3:30pm - 5:00pm 5 LANES/1 LAP Group Swim Lessons 4:45pm - 7:45pm 1 LANE [GUARD BREAK] 5:00pm - 5:15pm Capital Aquatics 5:00pm - 7:30pm 5 LANES LHS Swim Team 7:30pm - 9:00pm 3 LANES/3 LAP CLOSED 9:00pm	Lap Swim 4:30am - 5:30am 6 LAP CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP GUARD BREAK 7:00am - 7:15am Lap Swim 7:15am - 9:45am 6 LAP GUARD BREAK 9:45am - 10:00am 6 LAP Lap Swim 10:00am - 2:00pm 6 LAP GUARD BREAK 2:00pm - 2:15pm Lap Swim 2:15pm - 4:00pm 6 LAP NHHS Swim Team 4:00pm - 5:30pm 5 LANES/1 LAP [GUARD BREAK] 5:30 - 5:45pm Capital Aquatics 5:30pm - 7:30pm 6 LANE LHS Swim Team 7:30pm - 9:00pm 3 LANES/3 LAP CLOSED 9:00pm	Capital Aquatics 7:00am - 9:00am 5 LANES/1 LAP Capital Aquatics 9:00am - 10:30am 5 LANES/1 LAP Capital Aquatics 10:30 - 11:30am 5 LANES/1 LAP [GUARD BREAK] 9:15am - 9:30am Lap Swim 11:30am - 2:00pm 6 LAP GUARD BREAK 2:00pm - 2:15pm Lap Swim 2:15pm - 4:45pm 6 LAP CLOSED 4:45pm	Lap Swim 12:00pm - 2:00pm 6 LAP GUARD BREAK 2:00pm - 2:15pm Lap Swim 2:15pm - 4:45pm 6 LAP CLOSED 4:45pm

Weekly Bulletin

For now, the Monday and Wednesday afternoon **lifeguard safety breaks** have been extended to **30 minutes** 2:00pm - 2:30pm to accommodate extended (8 hour) shifts on those days. Thank you for your flexibility.

Highschool Swim Team has begun! Be sure to check lap times. There are four teams practicing every weekday, but there are **LOTS of opportunities (66 hours!)** to swim laps!

Text "POOL" to (812) 734-0770 for *up-to-the-minute* schedule updates

Check our [Facebook](#) page for the latest Pool Schedule

Pool Schedule

NOV 17th - NOV 23rd 2025

MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23
Lap Swim 4:30am - 5:30am 6 LAP	Lap Swim 4:30am - 5:30am 4 LAP	Lap Swim 4:30am - 5:30am 6 LAP	Lap Swim 4:30am - 6:15am 4 LAP	Lap Swim 4:30am - 5:30am 6 LAP	Capital Aquatics 7:00am - 9:00am 5 LANES/1 LAP	Lap Swim 12:00pm - 2:00pm 6 LAP 5 LAP after 1:00pm
CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	Deep Water Jog 4:30am - 5:15am 2 LANES /4 LAP	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	Deep Water Jog 4:30am - 5:15am 2 LANES /4 LAP	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	Capital Aquatics 9:00am - 10:30pm 5 LANES/1 LAP	DAN SCUBA 1:00pm - 3:00pm 1 LANE/5 LAP
GUARD BREAK 7:00am - 7:15am	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	GUARD BREAK 7:00am - 7:15am	CCHS Swim Team 5:30am - 7:00am 5 LANES/1 LAP	GUARD BREAK 7:00am - 7:15am	Capital Aquatics 10:30 - 11:30pm 5 LANES/1 LAP	GUARD BREAK 2:00pm - 2:15pm
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Schedules will be released on a weekly basis.

Revision Date 11/13/25

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.