

# Pool Schedule

DEC 15th - DEC 21st 2025

Revised 11:00am 12/11/25

MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20	SUN 21
<b>Lap Swim</b> 4:30am - 5:30am 6 LAP	<b>Lap Swim</b> 4:30am - 5:30am 4 LAP	<b>Lap Swim</b> 4:30am - 5:30am 6 LAP	<b>Lap Swim</b> 4:30am - 5:30am 4 LAP	<b>Lap Swim</b> 4:30am - 5:30am 6 LAP	<b>Capital Aquatics</b> 7:00am - 8:30am 6 LANES	<b>Lap Swim</b> 12:00pm - 1:45pm 6 LAP
<b>CCHS Swim Team</b> 5:30am - 7:00am 5 LANES/1 LAP	<b>Deep Water Jog</b> 4:30am - 5:15am 2 LANES /4 LAP	<b>CCHS Swim Team</b> 5:30am - 7:00am 5 LANES/1 LAP	<b>Deep Water Jog</b> 4:30am - 5:15am 2 LANES /4 LAP	<b>CCHS Swim Team</b> 5:30am - 7:00am 5 LANES/1 LAP	<b>Capital Aquatics</b> 8:30am - 11:30am 6 LANES	<b>GUARD BREAK</b> 1:45pm - 2:00pm
<b>GUARD BREAK</b> 7:00am - 7:15am	<b>CCHS Swim Team</b> 5:30am - 7:00am 5 LANES/1 LAP	<b>GUARD BREAK</b> 7:00am - 7:15am	<b>CCHS Swim Team</b> 5:30am - 7:00am 5 LANES/1 LAP	<b>GUARD BREAK</b> 7:00am - 7:15am	<b>GUARD BREAK</b> 9:15am - 9:30am	<b>Lap Swim</b> 2:00pm - 4:45pm 6 LAP
<b>Lap Swim</b> 7:15am - 9:00am 6 LAP	<b>GUARD BREAK</b> 7:00am - 7:15am	<b>Lap Swim</b> 7:15am - 9:00am 6 LAP	<b>GUARD BREAK</b> 7:00am - 7:15am	<b>Lap Swim</b> 7:15am - 9:45am 6 LAP	<b>Lap Swim</b> 11:30am - 2:00pm 6 LAP	<b>CLOSED</b> 4:45pm
<b>Fun and Fit (Faith)</b> 9:00am - 9:45am 4 LANES/2 LAP	<b>Lap Swim</b> 7:15am - 9:45am 6 LAP	<b>Fun and Fit (Faith)</b> 9:00am - 9:45am 4 LANES/2 LAP	<b>Lap Swim</b> 7:15am - 9:00am 6 LAP	<b>GUARD BREAK</b> 9:45am - 10:00am	<b>GUARD BREAK</b> 2:00pm - 2:15pm	
<b>GUARD BREAK</b> 9:45am - 10:00am	<b>GUARD BREAK</b> 9:45am - 10:00am	<b>GUARD BREAK</b> 9:45am - 10:00am	<b>Fun and Fit (Faith)</b> 9:00am - 9:45am 4 LANES/2 LAP	<b>Lap Swim</b> 10:00pm - 2:00pm 6 LAP	<b>Lap Swim</b> 2:15pm - 4:45pm 6 LAP	
<b>Fun and Fit (Faith)</b> 10:00am - 10:45am 4 LANES/2 LAP	<b>Lap Swim</b> 10:00am - 2:00pm 6 LAP	<b>Fun and Fit (Faith)</b> 10:00am - 10:45am 4 LANES/2 LAP	<b>GUARD BREAK</b> 9:45am - 10:00am	<b>GUARD BREAK</b> 2:00pm - 2:30pm	<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> 10:45am - 2:00pm 6 LAP	<b>Fun and Fit (Faith)</b> 10:00am - 10:45am 4 LANES/2 LAP	<b>Lap Swim</b> 2:30pm - 4:00pm 6 LAP	<b>Lifeguard In-Service</b> 5:00pm - 7:00pm	
<b>GUARD BREAK</b> 2:00pm - 2:30pm	<b>Lap Swim</b> 2:15pm - 3:30pm 6 LAP	<b>GUARD BREAK</b> 2:00pm - 2:30pm	<b>Lap Swim</b> 10:45am - 2:00pm 6 LAP	<b>NHHS Swim Team</b> 4:00pm - 5:30pm 5 LANES/1 LAP		
<b>Lap Swim</b> 2:30pm - 4:00pm 6 LAP	<b>NHHS Swim Team</b> 3:30pm - 5:00pm 5 LANES/1 LAP	<b>Lap Swim</b> 2:30pm - 4:00pm 6 LAP	<b>GUARD BREAK</b> 2:00pm - 2:15pm	<b>GUARD BREAK</b> 5:30 - 5:45pm		
<b>NHHS Swim Team</b> 4:00pm - 5:30pm 5 LANES/1 LAP	<b>GUARD BREAK</b> 5:00pm - 5:15pm	<b>NHHS Swim Team</b> 4:00pm - 5:30pm 5 LANES/1 LAP	<b>Lap Swim</b> 2:15pm - 3:30pm 6 LAP	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES		
<b>GUARD BREAK</b> 5:30 - 5:45pm	<b>Capital Aquatics</b> 5:00pm - 7:30pm 6 LANES	<b>GUARD BREAK</b> 5:30 - 5:45pm	<b>NHHS Swim Team</b> 3:30pm - 5:00pm 5 LANES/1 LAP	<b>LHS Swim Team</b> Last minute cancellation possible. Call today for verification. 7:30pm - 9:00pm 3 LANES/3 LAP		
<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>LHS Swim Team</b> 7:30pm - 9:00pm 3 LANES/3 LAP	<b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES	<b>GUARD BREAK</b> 5:00pm - 5:15pm	<b>CLOSED</b> 9:00pm		
<b>LHS Swim Team</b> 7:30pm - 9:00pm 3 LANES/3 LAP	<b>CLOSED</b> 9:00pm	<b>LHS Swim Team</b> 7:30pm - 9:00pm 3 LANES/3 LAP	<b>Capital Aquatics</b> 5:00pm - 7:30pm 6 LANES			
<b>CLOSED</b> 9:00pm		<b>CLOSED</b> 9:00pm	<b>LHS Swim Team</b> 7:30pm - 9:00pm 3 LANES/3 LAP			
			<b>CLOSED</b> 9:00pm			

## Weekly Bulletin

**12/19 Lanesville HS practice might have a last minute cancellation. Call Friday for verification.**

**Members are asked to clear the pool at 8:45 PM Mon - Fri**

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

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

# Pool Schedule

DEC 22nd - DEC 28th 2025

Revised 10:00am 12/17/25

MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27	SUN 28
<b>Lap Swim</b> 4:30am - 6:45am 6 LAP  <b>GUARD BREAK</b> 6:45am - 7:00am  <b>CCHS Swim Team</b> 7:00am - 8:30am 5 LANES/1 LAP  <b>Lap Swim</b> 8:30am - 9:00am 6 LAP  <b>Fun and Fit (Faith)</b> 9:00am - 9:45am 4 LANES/2 LAP  <b>GUARD BREAK</b> 9:45am - 10:00am  <b>Total Body (Faith)</b> 10:00am - 10:45am 4 LANES/2 LAP  <b>NHHS Swim Team</b> 11:00am - 12:30pm 4 LANES/2 LAP  <b>Lap Swim</b> 12:30pm - 1:00pm 6 LAP  <b>GUARD BREAK</b> 2:30pm - 2:45pm  <b>Lap Swim</b> 2:45pm - 5:15pm 6 LAP  <b>GUARD BREAK</b> 5:15pm - 5:30pm  <b>Capital Aquatics</b> 5:30pm - 7:30pm 6 LANES  <b>LHS Swim Team</b> 7:30pm - 9:00pm 3 LANES/3 LAP  <b>CLOSED</b> 8:45pm	<b>Lap Swim</b> 4:30am - 6:45am 4 LAP  <b>Deep Water Jog</b> 4:30am - 5:15am 2 LANES /4 LAP  <b>GUARD BREAK</b> 6:45am - 7:00am  <b>CCHS Swim Team</b> 7:00am - 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>NHHS Swim Team</b> 10:00am - 11:30am 4 LANES/2 LAP  <b>Lap Swim</b> 11:30am - 1:00pm 6 LAP  <b>LHS Swim Team</b> 1:00pm - 2:30pm 3 LANES/3 LAP  <b>GUARD BREAK</b> 2:30pm - 2:45pm  <b>Lap Swim</b> 2:45pm - 4:45pm 6 LAP  <b>GUARD BREAK</b> 4:45pm - 5:00pm  <b>Capital Aquatics</b> 5:00pm - 7:30pm 6 LANES  <b>LHS Swim Team</b> 7:30pm - 9:00pm 3 LANES/3 LAP  <b>CLOSED</b> 8:45pm	<b>CLOSED FOR CHRISTMAS EVE</b>	<b>CLOSED FOR CHRISTMAS</b>	<b>CCHS Swim Team</b> 7:00am - 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>NHHS Swim Team</b> 10:00am - 11:30am 4 LANES/2 LAP  <b>Lap Swim</b> 11:30am - 1:00pm 6 LAP  <b>LHS Swim Team</b> 1:00pm - 2:30pm 3 LANES/3 LAP  <b>GUARD BREAK</b> 2:30pm - 2:45pm  <b>Lap Swim</b> 2:45pm - 4:45pm 6 LAP  <b>GUARD BREAK</b> 4:45pm - 5:00pm  <b>Capital Aquatics</b> 5:00pm - 6:45pm 6 LANES  <b>CLOSED</b> 6:45pm	<b>Capital Aquatics</b> 7:00am - 11:30am 6 LANES  <b>GUARD BREAK</b> 9:15am - 9:30am  <b>Lap Swim</b> 11:30am - 2:00pm 6 LAP  <b>GUARD BREAK</b> 2:00pm - 2:15pm  <b>Lap Swim</b> 2:15pm - 4:45pm 6 LAP  <b>CLOSED</b> 4:45pm	<b>Lap Swim</b> 12:00pm - 1:45pm 6 LAP  <b>GUARD BREAK</b> 1:45pm - 2:00pm  <b>Lap Swim</b> 2:00pm - 4:45pm 6 LAP  <b>CLOSED</b> 4:45pm

## Weekly Bulletin

High Schools are on **holiday Schedule** this week. Double check lap times.

North Harrison is reducing their practice (11:am - 12:30pm this week) to 4 lanes, leaving an **additional lane** for lap swimmers to use.

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 12/17/25*

## **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.