the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY OF HARRISON COUNTY

Pool Schedule

Mar 16th 2026 – Mar 22nd 2026

Revised 1436 hrs 3/13/26

MON 16

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 5:30pm
6 LAP

Capital Aquatics
5:30pm - 7:00pm
3 LANES

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

TUE 17

Deep Water Jog
4:30am - 5:15am
2 LANES /4 LAP

Lap Swim
5:15am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:45am
6 LAP

GUARD BREAK
9:45am - 10:00am

Lap Swim
10:00am - 3:00pm
6 LAP

GUARD BREAK
3:00pm - 3:30pm

Lap Swim
3:30pm - 5:30pm
6 LAP

Capital Aquatics
5:30pm - 7:00pm
3 LANES

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
7:00pm - 8:45pm
6 LAP

CLOSED 8:45pm

WED 18

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 12:00pm
6 LAP

Splash and Burn
12:00pm - 2:00pm
3 LANES/3 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 5:30pm
6 LAP

Capital Aquatics
5:30pm - 7:00pm
3 LANES/ 3 LAP

Rec Swim Team
6:00pm - 7:00pm
3 LANES

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
7:30pm - 8:45pm
6 LAP

CLOSED 8:45pm

THU 19

Deep Water Jog
4:30am - 5:15am
2 LANES /4 LAP

Lap Swim
5:15am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 5:00pm
6 LAP

Capital Aquatics
5:30pm - 6:30pm
3 LANES/3 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

FRI 20

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 10:00am
6 LAP

GUARD BREAK
10:00am - 10:15am

Lap Swim
10:15am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
7:00pm - 8:45pm
6 LAP

CLOSED 8:45pm

SAT 21

Lap Swim
7:00am - 9:15am
6 LAP

GUARD BREAK
9:15am - 9:30am

Lap Swim
9:30am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 4:45pm
6 LAP

CLOSED 4:45pm

Lifeguard In-Service
5:00pm - 7:00pm

SUN 22

Lap Swim
12:00pm - 1:00pm
6 LAP

DAN S.C.U.B.A.
1:00pm - 3:00pm
1 LANE/5 LAP

GUARD BREAK
2:15pm - 2:30pm

Lap Swim
3:00pm - 4:45pm
6 LAP

CLOSED 4:45pm

Weekly Bulletin

Wednesday's Splash & Burn sessions will be held Noon – 2:00pm in lanes 1, 5 and 6. Lanes 2-4 will be designated LAP lanes, with the caveat that divers might be traversing the width of the pool beneath those lanes. They will not enter them, however.

No Splash! This week.

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

Check our Facebook page for the latest Pool Schedule

the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY OF HARRISON COUNTY

Pool Schedule

Mar 23rd 2026 – Mar 29th 2026

Revised 0952 hrs 3/17/26

MON 23

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

TUE 24

Deep Water Jog
4:30am - 5:15am
2 LANES /4 LAP

Lap Swim
5:15am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:45am
6 LAP

GUARD BREAK
9:45am - 10:00am

Lap Swim
10:00am - 3:00pm
6 LAP

GUARD BREAK
3:00pm - 3:15pm

Lap Swim
3:30pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
7:00pm - 8:45pm
6 LAP

CLOSED 8:45pm

WED 25

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:00pm
6 LAP

Rec Swim Team
6:00pm - 7:00pm
6 LANES

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

THU 26

Deep Water Jog
4:30am - 5:15am
2 LANES /4 LAP

Lap Swim
5:15am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

FRI 27

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 10:00am
6 LAP

GUARD BREAK
10:00am - 10:15am

Lap Swim
10:15am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

SAT 28

Lap Swim
7:00am - 9:15am
6 LAP

GUARD BREAK
9:15am - 9:30am

Lap Swim
9:30am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 4:45pm
6 LAP

CLOSED 4:45pm

SUN 29

Lap Swim
12:00pm - 1:00pm
6 LAP

DAN S.C.U.B.A.
1:00pm - 3:00pm
1 LANE/5 LAP

GUARD BREAK
2:15pm - 2:30pm

Lap Swim
2:45pm - 4:45pm
6 LAP

CLOSED 4:45pm

Weekly Bulletin

No Splash! this week.

No Capital Aquatics this week.

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

Check our Facebook page for the latest Pool Schedule

the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY OF HARRISON COUNTY

Pool Schedule

Mar 30th 2026 – April 5th 2026

Revised 1004 hrs 3/17/26

MON 30

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

TUE 31

Deep Water Jog
4:30am - 5:15am
2 LANES /4 LAP

Lap Swim
5:15am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:45am
6 LAP

GUARD BREAK
9:45am - 10:00am

Lap Swim
10:00am - 3:00pm
6 LAP

GUARD BREAK
3:00pm - 3:30pm

Lap Swim
3:30pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

WED 1

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:00pm
6 LAP

Rec Swim Team
6:00pm - 7:00pm
6 LANES

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
7:00pm - 8:45pm
6 LAP

CLOSED 8:45pm

THU 2

Deep Water Jog
4:30am - 5:15am
2 LANES /4 LAP

Lap Swim
5:15am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 9:00am
6 LAP

Fun and Fit (Faith)
9:00am - 9:45am
4 LANES/2 LAP

GUARD BREAK
9:45am - 10:00am

Total Body (Faith)
10:00am - 10:45am
4 LANES/2 LAP

Lap Swim
10:45am - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 6:30pm
6 LAP

GUARD BREAK
6:30pm - 6:45pm

Lap Swim
6:45pm - 8:45pm
6 LAP

CLOSED 8:45pm

FRI 3

Lap Swim
4:30am - 6:00am
6 LAP

GUARD BREAK
6:00am - 6:15am

Lap Swim
6:15am - 10:00am
6 LAP

GUARD BREAK
10:00am - 10:15am

Lap Swim
10:15am - 11:45am
6 LAP

CLOSED 12:00pm

SAT 4

Lap Swim
7:00am - 9:15am
6 LAP

GUARD BREAK
9:15am - 9:30am

Lap Swim
9:30am - 10:00am
6 LAP

Rec Swim Scrimmage Meet
10:00am - 1:00pm
6 LANES

Lap Swim
1:00pm - 2:00pm
6 LAP

GUARD BREAK
2:00pm - 2:15pm

Lap Swim
2:15pm - 4:45pm
6 LAP

CLOSED 4:45pm

SUN 5

HAPPY EASTER!

Weekly Bulletin

No Splash! this week.

No Capital Aquatics this week.

Closed at noon Good Friday. Swim Meet on Saturday. Closed on Sunday.

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Check our Facebook page for the latest Pool Schedule

the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY OF HARRISON COUNTY

Schedules will be released on a weekly basis.

Revision Date 3/13/26

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.
- Lifeguard Safety Breaks are listed on schedule.
- All instructions from lifeguards must be obeyed while in the Natatorium. In the case of an emergency follow all staff directions.

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