

# Pool Schedule

Mar 9th 2026 – Mar 15th 2026

Revised 0910 hrs 3/4/26

| MON 9   | TUE 10   | WED 11  | THU 12  | FRI 13   | SAT 14                                      | SUN 15   |
|---|--|---|---|--|---|--|
| <b>Lap Swim</b><br>4:30am – 6:00am<br>6 LAP                     | <b>Deep Water Jog</b><br>4:30am – 5:15am<br>2 LANES /4 LAP | <b>Lap Swim</b><br>4:30am – 6:00am<br>6 LAP                     | <b>Deep Water Jog</b><br>4:30am – 5:15am<br>2 LANES /4 LAP      | <b>Lap Swim</b><br>4:30am – 6:00am<br>6 LAP                  | <b>Lap Swim</b><br>7:00am – 9:15am<br>6 LAP | <b>Lap Swim</b><br>12:00pm – 1:00pm<br>6 LAP             |
| <b>GUARD BREAK</b><br>6:00am – 6:15am                           | <b>Lap Swim</b><br>5:15am – 6:00am<br>6 LAP                | <b>GUARD BREAK</b><br>6:00am – 6:15am                           | <b>Lap Swim</b><br>5:15am – 6:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>6:00am – 6:15am                        | <b>GUARD BREAK</b><br>9:15am – 9:30am       | <b>DAN S.C.U.B.A.</b><br>1:00pm – 3:00pm<br>1 LANE/5 LAP |
| <b>Lap Swim</b><br>6:15am – 9:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>6:00am – 6:15am                      | <b>Lap Swim</b><br>6:15am – 9:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>6:00am – 6:15am                           | <b>Lap Swim</b><br>6:15am – 10:00am<br>6 LAP                 | <b>Lap Swim</b><br>9:30am – 2:00pm<br>6 LAP | <b>GUARD BREAK</b><br>1:45pm – 2:00pm                    |
| <b>Fun and Fit (Faith)</b><br>9:00am – 9:45am<br>4 LANES/2 LAP  | <b>Lap Swim</b><br>6:15am – 9:45am<br>6 LAP                | <b>Fun and Fit (Faith)</b><br>9:00am – 9:45am<br>4 LANES/2 LAP  | <b>Lap Swim</b><br>6:15am – 9:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>10:00am – 10:15am                      | <b>GUARD BREAK</b><br>2:00pm – 2:15pm       | <b>Lap Swim</b><br>3:00pm – 4:45pm<br>6 LAP              |
| <b>GUARD BREAK</b><br>9:45am – 10:00am                          | <b>GUARD BREAK</b><br>9:45am – 10:00am                     | <b>GUARD BREAK</b><br>9:45am – 10:00am                          | <b>Fun and Fit (Faith)</b><br>9:00am – 9:45am<br>4 LANES/2 LAP  | <b>Lap Swim</b><br>10:15am – 2:00pm<br>6 LAP                 | <b>Lap Swim</b><br>2:15pm – 4:45pm<br>6 LAP | <b>CLOSED</b> 4:45pm                                     |
| <b>Total Body (Faith)</b><br>10:00am – 10:45am<br>4 LANES/2 LAP | <b>Lap Swim</b><br>10:00am – 3:00pm<br>6 LAP               | <b>Total Body (Faith)</b><br>10:00am – 10:45am<br>4 LANES/2 LAP | <b>GUARD BREAK</b><br>9:45am – 10:00am                          | <b>GUARD BREAK</b><br>2:00pm – 2:15pm                        | <b>CLOSED</b> 4:45pm                        |  |
| <b>Lap Swim</b><br>10:45am – 2:00pm<br>6 LAP                    | <b>GUARD BREAK</b><br>3:00pm – 3:30pm                      | <b>Lap Swim</b><br>10:45am – 12:00pm<br>6 LAP                   | <b>Total Body (Faith)</b><br>10:00am – 10:45am<br>4 LANES/2 LAP | <b>Lap Swim</b><br>2:15pm – 5:30pm<br>6 LAP                  |   |  |
| <b>GUARD BREAK</b><br>2:00pm – 2:15pm                           | <b>Lap Swim</b><br>3:30pm – 5:30pm<br>6 LAP                | <b>Splash and Burn</b><br>12:00pm – 2:00pm<br>3 LANES/3 LAP     | <b>Lap Swim</b><br>10:45am – 2:00pm<br>6 LAP                    | <b>Capital Aquatics</b><br>5:30pm – 7:00pm<br>3 LANES/ 3 LAP |   |  |
| <b>Lap Swim</b><br>2:15pm – 4:00pm<br>6 LAP                     | <b>Capital Aquatics</b><br>5:30pm – 7:00pm<br>3 LANES      | <b>GUARD BREAK</b><br>2:00pm – 2:15pm                           | <b>GUARD BREAK</b><br>2:00pm – 2:15pm                           | <b>GUARD BREAK</b><br>6:30pm – 6:45pm                        |   |  |
| <b>Middle School Swim Team</b><br>4:00pm – 5:00pm<br>6 LANES    | <b>GUARD BREAK</b><br>6:30pm – 6:45pm                      | <b>Lap Swim</b><br>2:15pm – 4:00pm<br>6 LAP                     | <b>Lap Swim</b><br>2:15pm – 5:00pm<br>6 LAP                     | <b>Lap Swim</b><br>7:00pm – 8:45pm<br>6 LAP                  |   |  |
| <b>Lap Swim</b><br>5:00pm – 6:30pm<br>6 LAP                     | <b>Lap Swim</b><br>7:00pm – 8:45pm<br>6 LAP                | <b>Middle School Swim Team</b><br>4:00pm – 5:00pm<br>6 LANES    | <b>Capital Aquatics</b><br>5:30pm – 7:00pm<br>3 LANES/3 LAP     | <b>CLOSED</b> 8:45pm   |   |  |
| <b>GUARD BREAK</b><br>6:30pm – 6:45pm                           | <b>CLOSED</b> 8:45pm                                       | <b>Lap Swim</b><br>5:00pm – 5:30pm<br>6 LAP                     | <b>GUARD BREAK</b><br>6:15pm – 6:30pm                           |  |   |  |
| <b>Lap Swim</b><br>6:45pm – 8:45pm<br>6 LAP                     |  | <b>Capital Aquatics</b><br>5:30pm – 7:00pm<br>3 LANES/ 3 LAP    | <b>Lap Swim</b><br>6:30pm – 8:45pm<br>6 LAP                     |  |   |  |
| <b>CLOSED</b> 8:45pm  |  | <b>Rec Swim Team</b><br>6:00pm – 7:00pm<br>3 LANES              | <b>CLOSED</b> 8:45pm  |  |   |  |
|   |  | <b>GUARD BREAK</b><br>6:30pm – 6:45pm                           |   |  |   |  |
|   |  | <b>Lap Swim</b><br>7:30pm – 8:45pm<br>6 LAP                     |   |  |   |  |
|   |  | <b>CLOSED</b> 8:45pm  |   |  |   |  |

## 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

# Pool Schedule

Mar 16th 2026 - Mar 22nd 2026

Revised 1436 hrs 3/13/26

| MON 16  | TUE 17   | WED 18  | THU 19  | FRI 20                                       | SAT 21   | SUN 22   |
|---|--|---|---|--|--|--|
| <b>Lap Swim</b><br>4:30am - 6:00am<br>6 LAP                     | <b>Deep Water Jog</b><br>4:30am - 5:15am<br>2 LANES /4 LAP | <b>Lap Swim</b><br>4:30am - 6:00am<br>6 LAP                     | <b>Deep Water Jog</b><br>4:30am - 5:15am<br>2 LANES /4 LAP      | <b>Lap Swim</b><br>4:30am - 6:00am<br>6 LAP  | <b>Lap Swim</b><br>7:00am - 9:15am<br>6 LAP    | <b>Lap Swim</b><br>12:00pm - 1:00pm<br>6 LAP             |
| <b>GUARD BREAK</b><br>6:00am - 6:15am                           | <b>Lap Swim</b><br>5:15am - 6:00am<br>6 LAP                | <b>GUARD BREAK</b><br>6:00am - 6:15am                           | <b>Lap Swim</b><br>5:15am - 6:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>6:00am - 6:15am        | <b>GUARD BREAK</b><br>9:15am - 9:30am          | <b>DAN S.C.U.B.A.</b><br>1:00pm - 3:00pm<br>1 LANE/5 LAP |
| <b>Lap Swim</b><br>6:15am - 9:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>6:00am - 6:15am                      | <b>Lap Swim</b><br>6:15am - 9:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>6:00am - 6:15am                           | <b>Lap Swim</b><br>6:15am - 10:00am<br>6 LAP | <b>Lap Swim</b><br>9:30am - 2:00pm<br>6 LAP    | <b>GUARD BREAK</b><br>2:15pm - 2:30pm                    |
| <b>Fun and Fit (Faith)</b><br>9:00am - 9:45am<br>4 LANES/2 LAP  | <b>Lap Swim</b><br>6:15am - 9:45am<br>6 LAP                | <b>Fun and Fit (Faith)</b><br>9:00am - 9:45am<br>4 LANES/2 LAP  | <b>Lap Swim</b><br>6:15am - 9:00am<br>6 LAP                     | <b>GUARD BREAK</b><br>10:00am - 10:15am      | <b>GUARD BREAK</b><br>2:00pm - 2:15pm          | <b>Lap Swim</b><br>3:00pm - 4:45pm<br>6 LAP              |
| <b>GUARD BREAK</b><br>9:45am - 10:00am                          | <b>GUARD BREAK</b><br>9:45am - 10:00am                     | <b>GUARD BREAK</b><br>9:45am - 10:00am                          | <b>Fun and Fit (Faith)</b><br>9:00am - 9:45am<br>4 LANES/2 LAP  | <b>Lap Swim</b><br>10:15am - 2:00pm<br>6 LAP | <b>Lap Swim</b><br>2:15pm - 4:45pm<br>6 LAP    | <b>CLOSED</b> 4:45pm                                     |
| <b>Total Body (Faith)</b><br>10:00am - 10:45am<br>4 LANES/2 LAP | <b>Lap Swim</b><br>10:00am - 3:00pm<br>6 LAP               | <b>Total Body (Faith)</b><br>10:00am - 10:45am<br>4 LANES/2 LAP | <b>GUARD BREAK</b><br>9:45am - 10:00am                          | <b>GUARD BREAK</b><br>2:00pm - 2:15pm        | <b>CLOSED</b> 4:45pm                           |  |
| <b>Lap Swim</b><br>10:45am - 2:00pm<br>6 LAP                    | <b>GUARD BREAK</b><br>3:00pm - 3:30pm                      | <b>Lap Swim</b><br>10:45am - 12:00pm<br>6 LAP                   | <b>Total Body (Faith)</b><br>10:00am - 10:45am<br>4 LANES/2 LAP | <b>Lap Swim</b><br>2:15pm - 6:30pm<br>6 LAP  | <b>Lifeguard In-Service</b><br>5:00pm - 7:00pm |  |
| <b>GUARD BREAK</b><br>2:00pm - 2:15pm                           | <b>Lap Swim</b><br>3:30pm - 5:30pm<br>6 LAP                | <b>Splash and Burn</b><br>12:00pm - 2:00pm<br>3 LANES/3 LAP     | <b>Lap Swim</b><br>10:45am - 2:00pm<br>6 LAP                    | <b>GUARD BREAK</b><br>6:30pm - 6:45pm        |  |  |
| <b>Lap Swim</b><br>2:15pm - 5:30pm<br>6 LAP                     | <b>Capital Aquatics</b><br>5:30pm - 7:00pm<br>3 LANES      | <b>GUARD BREAK</b><br>2:00pm - 2:15pm                           | <b>GUARD BREAK</b><br>2:00pm - 2:15pm                           | <b>Lap Swim</b><br>7:00pm - 8:45pm<br>6 LAP  | <b>CLOSED</b> 8:45pm                           |  |
| <b>Capital Aquatics</b><br>5:30pm - 7:00pm<br>3 LANES           | <b>GUARD BREAK</b><br>6:30pm - 6:45pm                      | <b>Lap Swim</b><br>2:15pm - 5:30pm<br>6 LAP                     | <b>Lap Swim</b><br>2:15pm - 5:00pm<br>6 LAP                     |  |  |  |
| <b>GUARD BREAK</b><br>6:30pm - 6:45pm                           | <b>Lap Swim</b><br>7:00pm - 8:45pm<br>6 LAP                | <b>Capital Aquatics</b><br>5:30pm - 7:00pm<br>3 LANES/ 3 LAP    | <b>Capital Aquatics</b><br>5:30pm - 6:30pm<br>3 LANES/3 LAP     |  |  |  |
| <b>Lap Swim</b><br>6:45pm - 8:45pm<br>6 LAP                     | <b>CLOSED</b> 8:45pm                                       | <b>Rec Swim Team</b><br>6:00pm - 7:00pm<br>3 LANES              | <b>GUARD BREAK</b><br>6:30pm - 6:45pm                           |  |  |  |
| <b>CLOSED</b> 8:45pm  |  | <b>GUARD BREAK</b><br>6:30pm - 6:45pm                           | <b>Lap Swim</b><br>6:45pm - 8:45pm<br>6 LAP                     |  |  |  |
|   |  | <b>Lap Swim</b><br>7:30pm - 8:45pm<br>6 LAP                     | <b>CLOSED</b> 8:45pm  |  |  |  |
|   |  | <b>CLOSED</b> 8:45pm  |   |  |  |  |

## 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.

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## **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.