

# Pool Schedule

June 8th – June 14th 2026

Revised 0918 hrs 6/4/26

MON 8	TUE 9	WED 10	THU 11	FRI 12	SAT 13	SUN 14
<b>Lap/Open Swim</b> 4:30am – 6:00am 6 LAP	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES /4 LAP	<b>Lap/Open Swim</b> 4:30am – 6:00am 6 LAP	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES /4 LAP	<b>Lap/Open Swim</b> 4:30am – 6:00am 6 LAP	<b>Lap/Open Swim</b> 7:00am – 9:15am 6 LAP	<b>Lap/Open Swim</b> 12:00pm – 2:15pm 6 LAP
<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Lap/Open Swim</b> 5:15am – 6:00am 6 LAP	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Lap/Open Swim</b> 5:15am – 6:00am 6 LAP	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>GUARD BREAK</b> 9:15am – 9:30am	<b>GUARD BREAK</b> 2:15pm – 2:30pm
<b>Capital Aquatics</b> 6:00am – 8:00am 6 LANES	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Capital Aquatics</b> 6:00am – 8:00am 6 LANES	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Capital Aquatics</b> 6:00am – 8:00am 6 LANES	<b>Lap/Open Swim</b> 9:30am – 2:00pm 6 LAP	<b>Lap/Open Swim</b> 2:30pm – 4:45pm 6 LAP
<b>Lap/Open Swim</b> 8:00am – 9:00am 6 LAP	<b>Lap/Open Swim</b> 6:15am – 7:00am 6 LAP	<b>Lap/Open Swim</b> 8:00am – 9:00am 6 LAP	<b>Lap/Open Swim</b> 6:15am – 7:00am 6 LAP	<b>Lap/Open Swim</b> 8:00am – 9:45am 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm
<b>Fun and Fit (Faith)</b> 9:00am – 9:45am 4 LANES /2 LAP	<b>Capital Aquatics</b> 7:00am – 8:00am 6 LANES	<b>Fun and Fit (Faith)</b> 9:00am – 9:45am 4 LANES /2 LAP	<b>Capital Aquatics</b> 7:00am – 8:00am 6 LANES	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap/Open Swim</b> 2:15pm – 4:45pm 6 LAP	
<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap/Open Swim</b> 8:00am – 9:45am 6 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap/Open Swim</b> 8:00am – 9:00am 6 LAP	<b>Lap/Open Swim</b> 10:00am – 12:00pm 6 LAP	<b>CLOSED</b> 4:45pm	
<b>Total Body (Faith)</b> 10:00am – 10:45am 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>Lap/Open Swim</b> 9:00am – 9:45am 4 LANES /2 LAP	<b>Splash and Burn</b> 12:00pm – 2:00pm 3 LANES/3 LAP		
<b>Lap/Open Swim</b> 10:45am – 5:00pm 6 LAP	<b>Lap/Open Swim</b> 10:00am – 3:00pm 6 LAP	<b>Lap/Open Swim</b> 10:45am – 5:00pm 6 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>GUARD BREAK</b> 2:00pm – 2:15pm		
<b>GUARD BREAK</b> 5:00pm – 5:30pm	<b>GUARD BREAK</b> 3:00pm – 3:30pm	<b>GUARD BREAK</b> 5:00pm – 5:30pm	<b>Total Body (Faith)</b> 10:00am – 10:45am 4 LANES /2 LAP	<b>Lap/Open Swim</b> 2:15pm – 6:30pm 6 LAP		
<b>Lap/Open Swim</b> 5:30pm – 7:45pm 6 LAP	<b>Lap/Open Swim</b> 3:30pm – 6:30pm 6 LAP	<b>Lap/Open Swim</b> 5:30pm – 7:45pm 6 LAP	<b>Lap/Open Swim</b> 10:45am – 2:00pm 6 LAP	<b>GUARD BREAK</b> 6:30pm – 6:45pm		
<b>CLOSED</b> 7:45pm	<b>GUARD BREAK</b> 6:30pm – 6:45pm	<b>CLOSED</b> 7:45pm	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap/Open Swim</b> 6:45pm – 7:45pm 6 LAP		
	<b>Lap/Open Swim</b> 6:45pm – 7:45pm 6 LAP		<b>Lap/Open Swim</b> 2:15pm – 6:30pm 6 LAP	<b>CLOSED</b> 7:45pm		
	<b>CLOSED</b> 7:45pm		<b>GUARD BREAK</b> 6:30pm – 6:45pm			
			<b>Lap/Open Swim</b> 6:45pm – 7:45pm 6 LAP			
			<b>CLOSED</b> 7:45pm			

## Weekly Bulletin

**Capital Aquatics** practices have now **switched to mornings**.

**Notice:** Mon– Wed one of the **Lifeguard safety breaks** is **30 minutes**.

They are written in **ORANGE**

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

Check our **Facebook** page for the latest Pool Schedule

# Pool Schedule

June 15th – June 21st 2026

Revised 1200 hrs 6/12/26

MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20	SUN 21
<b>Lap/Open Swim</b> 4:30am – 6:00am 6 LAP	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES /4 LAP	<b>Lap/Open Swim</b> 4:30am – 6:00am 6 LAP	<b>Deep Water Jog</b> 4:30am – 5:15am 2 LANES /4 LAP	<b>Lap/Open Swim</b> 4:30am – 6:00am 6 LAP	<b>Lap/Open Swim</b> 7:00am – 9:15am 6 LAP	<b>Lap/Open Swim</b> 12:00pm – 2:15pm 6 LAP
<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Lap/Open Swim</b> 5:15am – 6:00am 6 LAP	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Lap/Open Swim</b> 5:15am – 6:00am 6 LAP	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>GUARD BREAK</b> 9:15am – 9:30am	<b>GUARD BREAK</b> 2:15pm – 2:30pm
<b>Capital Aquatics</b> 6:00am – 8:00am 6 LANES	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Capital Aquatics</b> 6:00am – 8:00am 6 LANES	<b>GUARD BREAK</b> 6:00am – 6:15am	<b>Capital Aquatics</b> 6:00am – 8:00am 6 LANES	<b>Lap/Open Swim</b> 9:30am – 2:00pm 6 LAP	<b>Lap/Open Swim</b> 2:30pm – 4:45pm 6 LAP
<b>Lap/Open Swim</b> 8:00am – 9:00am 6 LAP	<b>Lap/Open Swim</b> 6:15am – 7:00am 6 LAP	<b>Lap/Open Swim</b> 8:00am – 9:00am 6 LAP	<b>Lap/Open Swim</b> 6:15am – 7:00am 6 LAP	<b>Lap/Open Swim</b> 8:00am – 9:45am 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>CLOSED</b> 4:45pm
<b>Fun and Fit (Faith)</b> 9:00am – 9:45am 4 LANES /2 LAP	<b>Capital Aquatics</b> 7:00am – 8:00am 6 LANES	<b>Fun and Fit (Faith)</b> 9:00am – 9:45am 4 LANES /2 LAP	<b>Capital Aquatics</b> 7:00am – 8:00am 6 LANES	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap/Open Swim</b> 2:15pm – 4:45pm 6 LAP	
<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap/Open Swim</b> 8:00am – 9:45am 6 LAP	<b>GUARD BREAK</b> 9:45am – 10:00am	<b>Lap/Open Swim</b> 8:00am – 9:45am 6 LAP	<b>Lap/Open Swim</b> 10:00am – 12:00pm 6 LAP	<b>CLOSED</b> 4:45pm	
<b>Total Body (Faith)</b> 10:00am – 10:45am 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>GUARD BREAK</b> 9:45am – 10:00am	<b>Splash and Burn</b> 12:00pm – 2:00pm 3 LANES/3 LAP		
<b>Lap/Open Swim</b> 10:45am – 5:00pm 6 LAP	<b>Lap/Open Swim</b> 10:00am – 3:00pm 6 LAP	<b>Lap/Open Swim</b> 10:45am – 5:00pm 6 LAP	<b>Lap/Open Swim</b> 10:00am – 2:00pm 6 LAP	<b>GUARD BREAK</b> 2:00pm – 2:15pm		
<b>GUARD BREAK</b> 5:00pm – 5:30pm	<b>GUARD BREAK</b> 3:00pm – 3:30pm	<b>GUARD BREAK</b> 5:00pm – 5:30pm	<b>GUARD BREAK</b> 2:00pm – 2:15pm	<b>Lap/Open Swim</b> 2:15pm – 6:30pm 6 LAP		
<b>Lap/Open Swim</b> 5:30pm – 7:45pm 6 LAP	<b>Lap/Open Swim</b> 3:30pm – 6:30pm 6 LAP	<b>Lap/Open Swim</b> 5:30pm – 7:45pm 6 LAP	<b>Lap/Open Swim</b> 2:15pm – 6:30pm 6 LAP	<b>GUARD BREAK</b> 6:30pm – 6:45pm		
<b>CLOSED</b> 7:45pm	<b>GUARD BREAK</b> 6:30pm – 6:45pm	<b>CLOSED</b> 7:45pm	<b>GUARD BREAK</b> 6:30pm – 6:45pm	<b>Lap/Open Swim</b> 6:45pm – 7:45pm 6 LAP		
	<b>Lap/Open Swim</b> 6:45pm – 7:45pm 6 LAP		<b>Lap/Open Swim</b> 6:45pm – 7:45pm 6 LAP	<b>CLOSED</b> 7:45pm		
	<b>CLOSED</b> 7:45pm		<b>CLOSED</b> 7:45pm			

## Weekly Bulletin

There will be **no classes with Faith** on **Thursday the 18th**.

Mon- Wed one of the **Lifeguard safety breaks is 30 minutes**.

They are written in **ORANGE**

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 6/12/26*

### **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.