

Pool Schedule

July 27th – August 2nd 2026

Revised 1000 hrs 7/24/26

MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT 1	SUN 2
Lap/Open Swim 4:30am – 6:00am 6 LAP	Deep Water Jog 4:30am – 5:15am 2 LANES /4 LAP	Lap/Open Swim 4:30am – 6:00am 6 LAP	Deep Water Jog 4:30am – 5:15am 2 LANES /4 LAP	Lap/Open Swim 4:30am – 6:00am 6 LAP	Lap/Open Swim 7:00am – 9:15am 6 LAP	Lap/Open Swim 12:00pm – 3:00pm 6 LAP
GUARD BREAK 6:00am – 6:15am	Lap/Open Swim 5:15am – 6:00am 6 LAP	GUARD BREAK 6:00am – 6:15am	Lap/Open Swim 5:15am – 6:00am 6 LAP	GUARD BREAK 6:00am – 6:15am	GUARD BREAK 9:15am – 9:30am	Blue Wave SCUBA 1:00pm – 3:00pm 2 LANE/4 LAP
Capital Aquatics 6:00am – 8:00am 6 LANES	GUARD BREAK 6:00am – 6:15am	Capital Aquatics 6:00am – 8:00am 6 LANES	GUARD BREAK 6:00am – 6:15am	Capital Aquatics 6:00am – 8:00am 6 LANES	Lap/Open Swim 9:30am – 2:00pm 6 LAP	GUARD BREAK 3:00pm – 3:15pm
Lap/Open Swim 8:00am – 9:00am 6 LAP	Lap/Open Swim 6:15am – 7:00am 6 LAP	Lap/Open Swim 8:00am – 9:00am 6 LAP	Lap/Open Swim 6:15am – 7:00am 6 LAP	Lap/Open Swim 8:00am – 9:45am 6 LAP	GUARD BREAK 2:00pm – 2:15pm	Lap/Open Swim 3:15pm – 4:45pm 6 LAP
Fun and Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Capital Aquatics 7:00am – 8:00am 6 LANES	Fun and Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Capital Aquatics 7:00am – 8:00am 6 LANES	GUARD BREAK 9:45am – 10:00am	Lap/Open Swim 2:15pm – 4:45pm 6 LAP	CLOSED 4:45pm
GUARD BREAK 9:45am – 10:00am	Lap/Open Swim 8:00am – 9:45am 6 LAP	GUARD BREAK 9:45am – 10:00am	Lap/Open Swim 8:00am – 9:00am 6 LAP	Lap/Open Swim 10:00am – 2:00pm 6 LAP	CLOSED 4:45am	
Total Body (Faith) 10:00am – 10:45am 4 LANES /2 LAP	GUARD BREAK 9:45am – 10:00am	Total Body (Faith) 10:00am – 10:45am 4 LANES /2 LAP	Lap/Open Swim 9:00am – 9:45am 4 LANES /2 LAP	GUARD BREAK 2:00pm – 2:15pm		
Lap/Open Swim 10:45am – 4:00pm 6 LAP	Lap/Open Swim 10:00am – 4:00pm 6 LAP	Lap/Open Swim 10:45am – 4:00pm 6 LAP	GUARD BREAK 9:45am – 10:00am	Lap/Open Swim 2:15pm – 6:30pm 6 LAP		
GUARD BREAK 4:00pm – 4:30pm	GUARD BREAK 4:00pm – 4:30pm	GUARD BREAK 4:00pm – 4:30pm	Total Body (Faith) 10:00am – 10:45am 4 LANES /1 LAP	GUARD BREAK 6:30pm – 6:45pm		
Lap/Open Swim 4:30pm – 7:45pm 6 LAP	Lap/Open Swim 4:30pm – 7:45pm 6 LAP	Lap/Open Swim 4:30pm – 7:45pm 6 LAP	Blue Wave SCUBA 10:00am – 12:00pm 1 LANE/1 LAP	Lap/Open Swim 6:45pm – 7:45pm 6 LAP		
CLOSED 7:45pm	CLOSED 7:45pm	CLOSED 7:45pm	CLOSED 7:45pm	CLOSED 7:45pm		
			Lap/Open Swim 12:00pm – 2:00pm 6 LAP			
			GUARD BREAK 2:00pm – 2:15pm			
			Lap/Open Swim 2:15pm – 6:30pm 6 LAP			
			GUARD BREAK 6:30pm – 6:45pm			
			Lap/Open Swim 6:45pm – 7:45pm 6 LAP			

Weekly Bulletin

ATTENTION: When one lifeguard works two consecutive four-hour shifts,

Lifeguard GUARD BREAKS are condensed to **30 minutes**.

Blue Wave S.C.U.B.A will be in the pool **Thursday 7/30** and **Sunday 8/2**

We are actively seeking **Lifeguards** and a **Swim Instructor**

email: tmoodie@ymcaharrison.org

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

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

Pool Schedule

August 3rd – August 9th 2026

Revised 1000 hrs 7/30/26

MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8	SUN 9
Lap/Open Swim 4:30am – 6:00am 6 LAP	Deep Water Jog 4:30am – 5:15am 2 LANES /4 LAP	Lap/Open Swim 4:30am – 6:00am 6 LAP	Deep Water Jog 4:30am – 5:15am 2 LANES /4 LAP	Lap/Open Swim 4:30am – 6:00am 6 LAP	Lap/Open Swim 7:00am – 9:15am 6 LAP	Lap/Open Swim 12:00pm – 1:00pm 6 LAP
<u>GUARD BREAK</u> 6:00am – 6:15am	Lap/Open Swim 5:15am – 6:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	Lap/Open Swim 5:15am – 6:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>GUARD BREAK</u> 9:15am – 9:30am	Blue Wave SCUBA 1:00pm – 3:00pm 2 LANE/4 LAP
Capital Aquatics 6:00am – 8:00am 6 LANES	<u>GUARD BREAK</u> 6:00am – 6:15am	Capital Aquatics 6:00am – 8:00am 6 LANES	<u>GUARD BREAK</u> 6:00am – 6:15am	Capital Aquatics 6:00am – 8:00am 6 LANES	Lap/Open Swim 9:30am – 2:00pm 6 LAP	<u>GUARD BREAK</u> 3:00pm – 3:15pm
Lap/Open Swim 8:00am – 9:00am 6 LAP	Lap/Open Swim 6:15am – 7:00am 6 LAP	Lap/Open Swim 8:00am – 9:00am 6 LAP	Lap/Open Swim 6:15am – 7:00am 6 LAP	Lap/Open Swim 8:00am – 9:45am 6 LAP	<u>GUARD BREAK</u> 2:00pm – 2:15pm	Lap/Open Swim 3:15pm – 4:45pm 6 LAP
Fun and Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Capital Aquatics 7:00am – 8:00am 6 LANES	Fun and Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	Capital Aquatics 7:00am – 8:00am 6 LANES	<u>GUARD BREAK</u> 9:45am – 10:00am	Lap/Open Swim 2:15pm – 4:45pm 6 LAP	CLOSED 4:45pm
<u>GUARD BREAK</u> 9:45am – 10:00am	Lap/Open Swim 8:00am – 9:45am 6 LAP	<u>GUARD BREAK</u> 9:45am – 10:00am	Lap/Open Swim 8:00am – 9:00am 6 LAP	Lap/Open Swim 10:00am – 2:00pm 6 LAP	CLOSED 4:45am	
Total Body (Faith) 10:00am – 10:45am 4 LANES /2 LAP	<u>GUARD BREAK</u> 9:45am – 10:00am	Total Body (Faith) 10:00am – 10:45am 4 LANES /2 LAP	Fun and Fit (Faith) 9:00am – 9:45am 4 LANES /2 LAP	<u>GUARD BREAK</u> 2:00pm – 2:15pm		
Lap/Open Swim 10:45am – 4:00pm 6 LAP	Lap/Open Swim 10:00am – 4:00pm 6 LAP	Lap/Open Swim 10:45am – 4:00pm 6 LAP	<u>GUARD BREAK</u> 9:45am – 10:00am	Lap/Open Swim 2:15pm – 4:45pm 6 LAP		
<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>GUARD BREAK</u> 4:00pm – 4:30pm	Total Body (Faith) 10:00am – 10:45am 4 LANES /1 LAP	CLOSED 4:45pm		
Lap/Open Swim 4:30pm – 7:45pm 6 LAP	Lap/Open Swim 4:30pm – 7:45pm 6 LAP	Lap/Open Swim 4:30pm – 5:30pm 6 LAP	Lap/Open Swim 10:45am – 2:00pm 6 LAP			
CLOSED 7:45pm	CLOSED 7:45pm	Boy Scouts 5:30pm – 7:45pm 2 LANES/4 LAP	<u>GUARD BREAK</u> 2:00pm – 2:15pm			
		CLOSED 7:45pm	Lap/Open Swim 2:15pm – 4:45pm 6 LAP			
			CLOSED 4:45pm			

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Aquatics Programs

Fun and Fit

Fun and Fit is a deep water fitness class. Participants wear float belts to allow good core control as we use various pieces of equipment to build overall strength, flexibility and endurance while remaining non weight bearing. The water allows participants to participate at various levels of intensity and is great for all ages!

Total Body

The Total Body water class takes place in the shallow end of the pool. Like Fun and Fit, we use different types of equipment to build strength, flexibility and endurance, but in a weight bearing environment. Class members work at a level that is appropriate for them. Verbal cues are given throughout the class to protect joints and gain maximum benefits from the exercise.

Deep Water Jog

A deep water workout focusing on jogging, cardio, core and toning. Floatation and resistance equipment is provided

Capital Aquatics

The YMCA of Harrison County's own swim team! This incredibly competitive team of young people is has stuffed our trophy case chock-full, learning teamwork and sportsmanship along the way.

Splash and Burn

Splash and Burn is a deep-water free-weight/aerobic fitness program incorporating water confidence, breath control and mental conditioning to deliver a unique, full body functional fitness alternative not available in any other area facility. Exercises include underwater swims, dryland exercises, confidence building drills and utilization of various free weights while in the deep end of the pool.

Splash!

Every Fall season we teach water safety and basic swimming skills to nearly 700 third grade students from all over Harrison and the surrounding counties.

YMCA OF HARRISON COUNTY POOL SUPERVISION 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.