

Pool Schedule

August 17th – August 23rd 2026

Revised 1225 hrs 8/12/26

MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22	SUN 23
<u>Lap/Open Swim</u> 4:30am – 6:00am 6 LAP	<u>Deep Water Jog</u> 4:30am – 5:15am 2 LANES /4 LAP	<u>Lap/Open Swim</u> 4:30am – 6:00am 6 LAP	<u>Deep Water Jog</u> 4:30am – 5:15am 2 LANES /4 LAP	<u>Lap/Open Swim</u> 4:30am – 6:00am 6 LAP	<u>Lap/Open Swim</u> 7:00am – 12:00pm 6 LAP	<u>Lap/Open Swim</u> 12:00pm – 3:00pm 6 LAP
<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 5:15am – 6:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 5:15am – 6:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>GUARD BREAK</u> 12:00pm – 12:30pm	<u>GUARD BREAK</u> 3:00pm – 3:15pm
<u>Lap/Open Swim</u> 6:15am – 9:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 6:15am – 9:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 6:15am – 9:45am 6 LAP	<u>Lap/Open Swim</u> 12:30pm – 4:45pm 6 LAP	<u>Lap/Open Swim</u> 3:15pm – 4:45pm 6 LAP
<u>Fun and Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 6:15am – 9:45am 6 LAP	<u>Fun and Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 6:15am – 9:00am 6 LAP	<u>GUARD BREAK</u> 9:45am – 10:00am	CLOSED 4:45pm	CLOSED 4:45pm
<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 9:45am – 10:00am	<u>Fun and Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 10:00am – 2:00pm 6 LAP		
<u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 10:00am – 4:00pm 6 LAP	<u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /2 LAP	<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 2:00pm – 2:15pm		
<u>Lap/Open Swim</u> 10:45am – 4:00pm 6 LAP	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 10:45am – 4:00pm 6 LAP	<u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /1 LAP	<u>Lap/Open Swim</u> 2:15pm – 4:45pm 6 LAP		
<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 4:30pm – 7:45pm 6 LAP	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 10:45am – 2:00pm 6 LAP	CLOSED 4:45pm	<u>Capital Aquatics Evaluations</u> 5:00pm – 6:30pm 6 LANES	
<u>Lap/Open Swim</u> 4:30pm – 7:45pm 6 LAP	CLOSED 7:45pm	<u>Lap/Open Swim</u> 4:30pm – 7:45pm 6 LAP	<u>GUARD BREAK</u> 2:00pm – 2:15pm			
CLOSED 7:45pm		CLOSED 7:45pm	<u>Lap/Open Swim</u> 2:15pm – 4:45pm 6 LAP			
			CLOSED 4:45pm			
<u>Lap/Open Swim</u> 12+ hours	<u>Lap/Open Swim</u> 13+ hours	<u>Lap/Open Swim</u> 12+ hours	<u>Lap/Open Swim</u> 9+ hours	<u>Lap/Open Swim</u> 11+ hours	<u>Lap/Open Swim</u> 9+ hours	<u>Lap/Open Swim</u> 4+ hours
						Total hours of operation 97
						Total hours of Lap/Open swim 73.5 (76%)

Weekly Bulletin

ATTENTION: Mon, Tue, Wed, Sat Lifeguards are working double shifts.

On those days, Lifeguard **GUARD BREAKS** are 30 minutes.

We are actively seeking Lifeguards and a Swim Lessons Instructor

Email: tmoodie@ymcaharrison.org

Capital Aquatics final evaluations this Friday 5:00pm – 6:00pm.

Pool **closed** at 4:45pm this Thursday and Friday.

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 24th – August 30th 2026

Revised 0900 hrs 8/20/26

MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30
<u>Lap/Open Swim</u> 4:30am – 6:00am 6 LAP	<u>Deep Water Jog</u> 4:30am – 5:15am 2 LANES /4 LAP	<u>Lap/Open Swim</u> 4:30am – 6:00am 6 LAP	<u>Deep Water Jog</u> 4:30am – 5:15am 2 LANES /4 LAP	<u>Lap/Open Swim</u> 4:30am – 6:00am 6 LAP	<u>Lap/Open Swim</u> 7:00am – 9:15am 6 LAP	<u>Lap/Open Swim</u> 12:00pm – 3:00pm 6 LAP
<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 5:15am – 6:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 5:15am – 6:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>GUARD BREAK</u> 9:15am – 9:30am	<u>GUARD BREAK</u> 3:00pm – 3:15pm
<u>Lap/Open Swim</u> 6:15am – 9:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 6:15am – 9:00am 6 LAP	<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 6:15am – 9:45am 6 LAP	<u>Lap/Open Swim</u> 9:30pm – 2:00pm 6 LAP	<u>Lap/Open Swim</u> 3:15pm – 4:45pm 6 LAP
<u>Fun and Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 6:15am – 9:45am 6 LAP	<u>Fun and Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 6:15am – 9:00am 6 LAP	<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 2:00pm – 2:15pm	CLOSED 4:45pm
<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 9:45am – 10:00am	<u>Fun and Fit (Faith)</u> 9:00am – 9:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 10:00am – 2:00pm 6 LAP	<u>Lap/Open Swim</u> 2:15pm – 4:45pm 6 LAP	
<u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 10:00am – 4:00pm 6 LAP	<u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /2 LAP	<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 2:00pm – 2:15pm	CLOSED 4:45pm	
<u>Lap/Open Swim</u> 10:45am – 4:00pm 6 LAP	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 10:45am – 4:00pm 6 LAP	<u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 2:15pm – 4:45pm 6 LAP		
<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 4:30pm – 7:45pm 6 LAP	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 10:45am – 2:00pm 6 LAP	CLOSED 3:45pm		
<u>Lap/Open Swim</u> 4:30pm – 7:45pm 6 LAP	CLOSED 7:45pm	<u>Lap/Open Swim</u> 4:30pm – 7:45pm 6 LAP	<u>GUARD BREAK</u> 2:00pm – 2:15pm			
CLOSED 7:45pm		CLOSED 7:45pm	<u>Lap/Open Swim</u> 2:15pm – 4:45pm 6 LAP			
			CLOSED 3:45pm			

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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.