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

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
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	**GUARD BREAK** 3:00pm - 3:15pm
Lap/Open Swim 6:15am - 9:00am **6 LAP**	**GUARD BREAK** 6:00am - 6:15am	**Lap/Open Swim** 6:15am - 9:00am **6 LAP**	**GUARD BREAK** 6:00am - 6:15am	**Lap/Open Swim** 6:15am - 9:45am **6 LAP**	**Lap/Open Swim** 9:30pm - 2:00pm **6 LAP**	**Lap/Open Swim** 3:15pm - 4:45pm **6 LAP**
Fun and Fit (Faith) 9:00am - 9:45am 4 LANES /**2 LAP**	**Lap/Open Swim** 6:15am - 9:45am **6 LAP**	**Fun and Fit (Faith)** 9:00am - 9:45am 4 LANES /**2 LAP**	**Lap/Open Swim** 6:15am - 9:00am **6 LAP**	**GUARD BREAK** 9:45am - 10:00am	**GUARD BREAK** 2:00pm - 2:15pm	**CLOSED** 4:45pm
GUARD BREAK 9:45am - 10:00am	**GUARD BREAK** 9:45am - 10:00am	**GUARD BREAK** 9:45am - 10:00am	**Fun and Fit (Faith)** 9:00am - 9:45am 4 LANES /**2 LAP**	**Lap/Open Swim** 10:00am - 2:00pm **6 LAP**	**Lap/Open Swim** 2:15pm - 4:45pm **6 LAP**	
Total Body (Faith) 10:00am - 10:45am 4 LANES /**2 LAP**	**Lap/Open Swim** 10:00am - 4:00pm **6 LAP**	**Total Body (Faith)** 10:00am - 10:45am 4 LANES /**2 LAP**	**GUARD BREAK** 9:45am - 10:00am	**GUARD BREAK** 2:00pm - 2:15pm	**CLOSED** 4:45pm	
Lap/Open Swim 10:45am - 4:00pm **6 LAP**	**GUARD BREAK** 4:00pm - 4:30pm	**Lap/Open Swim** 10:45am - 4:00pm **6 LAP**	**Total Body (Faith)** 10:00am - 10:45am 4 LANES /**2 LAP**	**Lap/Open Swim** 2:15pm - 4:45pm **6 LAP**		
GUARD BREAK 4:00pm - 4:30pm	**Lap/Open Swim** 4:30pm - 7:45pm **6 LAP**	**GUARD BREAK** 4:00pm - 4:30pm	**Lap/Open Swim** 10:45am - 2:00pm **6 LAP**	**CLOSED** 3:45pm		
Lap/Open Swim 4:30pm - 7:45pm **6 LAP**	**CLOSED** 7:45pm	**Lap/Open Swim** 4:30pm - 7:45pm **6 LAP**	**GUARD BREAK** 2:00pm - 2:15pm			
CLOSED 7:45pm		**CLOSED** 7:45pm	**Lap/Open Swim** 2:15pm - 4:45pm **6 LAP**			
			CLOSED 3:45pm			

Weekly Bulletin

ATTENTION: Mon, Tue, and Wed 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

Pool closed at 3:45pm 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

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

Pool Schedule

August 31st – September 6th 2026

Revised 1342 hrs 8/28/26

MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
Lap/Open Swim 4:30am - 6:00am **6 LAP** **GUARD BREAK** 6:00am - 6:15am **Lap/Open 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/Open Swim** 10:45am - 4:00pm **6 LAP** **GUARD BREAK** 4:00pm - 4:30pm **Lap/Open Swim** 4:30pm - 7:45pm **6 LAP** **CLOSED** 7:45pm	**Deep Water Jog** 4:30am - 5:15am 2 LANES /**4 LAP** **Lap/Open Swim** 5:15am - 6:00am **6 LAP** **GUARD BREAK** 6:00am - 6:15am **Lap/Open Swim** 6:15am - 9:45am **6 LAP** **GUARD BREAK** 9:45am - 10:00am **Lap/Open Swim** 10:00am - 4:00pm **6 LAP** **GUARD BREAK** 4:00pm - 4:30pm **Lap/Open Swim** 4:30pm - 5:00pm **6 LAP** **Capital Aquatics Junior Practice** 5:00pm - 6:30pm 6 LANES **Capital Aquatics Senior Practice** 6:30pm - 7:30pm 6 LANES **CLOSED** 7:45pm	**Lap/Open Swim** 4:30am - 6:00am **6 LAP** **GUARD BREAK** 6:00am - 6:15am **Lap/Open 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/Open Swim** 10:45am - 4:00pm **6 LAP** **GUARD BREAK** 4:00pm - 4:30pm **Lap/Open Swim** 4:30pm - 5:30pm **6 LAP** **Capital Aquatics Senior Practice** 5:30pm - 7:30pm 6 LANES **CLOSED** 7:45pm	**Deep Water Jog** 4:30am - 5:15am 2 LANES /**4 LAP** **Lap/Open Swim** 5:15am - 6:00am **6 LAP** **GUARD BREAK** 6:00am - 6:15am **Lap/Open 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/Open Swim** 10:45am - 4:00pm **6 LAP** **GUARD BREAK** 4:00pm - 4:30pm **Lap/Open Swim** 4:30pm - 5:00pm **6 LAP** **Capital Aquatics Junior Practice** 5:00pm - 6:30pm 6 LANES **Lap/Open Swim** 6:30pm - 7:45pm **6 LAP** **CLOSED** 7:45pm	**Lap/Open Swim** 4:30am - 6:00am **6 LAP** **GUARD BREAK** 6:00am - 6:15am **Lap/Open Swim** 6:15am - 9:45am **6 LAP** **GUARD BREAK** 9:45am - 10:00am **Lap/Open Swim** 10:00am - 2:00pm **6 LAP** **GUARD BREAK** 2:00pm - 2:15pm **Lap/Open Swim** 2:15pm - 3:45pm **6 LAP** **CLOSED** 3:45pm **Capital Aquatics Senior Practice** 5:30pm - 7:30pm 6 LANES	**Capital Aquatics Senior Practice** 7:00am - 9:00am 6 LANES **GUARD BREAK** 9:00am - 9:15am **Capital Aquatics Junior Practice** 9:00am - 10:30am 6 LANES **Lap/Open Swim** 10:30pm - 2:00pm **6 LAP** **GUARD BREAK** 2:00pm - 2:15pm **Lap/Open Swim** 2:15pm - 4:45pm **6 LAP** **CLOSED** 4:45pm	**CLOSED**

Weekly Bulletin

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

On those days, Lifeguard GUARD BREAKS are 30 minutes.

CAPITAL AQUATICS SWIM TEAM PRACTICES HAVE BEGUN

We will be CLOSED on Sunday (and the following Monday, Labor Day)

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

Check our Facebook page for the latest Pool Schedule

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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 throughput 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.

frequency