

Pool Schedule

August 31st – September 6th 2026

Revised 1342 hrs 9/4/26

MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6
<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>Capital Aquatics Senior Practice</u> 7:00am – 9:00am 6 LANES	<u>Lap/Open Swim</u> 12:00pm – 2:00pm 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> 9:00am – 9:15am	<u>GUARD BREAK</u> 2:00pm – 2:15pm
<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>Capital Aquatics Junior Practice</u> 9:00am – 10:30am 6 LANES	<u>Lap/Open Swim</u> 2:15pm – 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>CLOSED</u> 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> 10:30pm – 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>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 /2 LAP	<u>Lap/Open Swim</u> 2:15pm – 3:45pm 6 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 – 5:00pm 6 LAP	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 10:45am – 4:00pm 6 LAP	<u>CLOSED</u> 3:45pm	<u>CLOSED</u> 4:45pm	
<u>Lap/Open Swim</u> 4:30pm – 7:45pm 6 LAP	<u>Capital Aquatics Junior Practice</u> 5:00pm – 6:30pm 6 LANES	<u>Lap/Open Swim</u> 4:30pm – 5:30pm 6 LAP	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Capital Aquatics Senior Practice</u> 5:30pm – 7:30pm 6 LANES		
<u>CLOSED</u> 7:45pm	<u>Capital Aquatics Senior Practice</u> 6:30pm – 7:30pm 6 LANES	<u>Capital Aquatics Senior Practice</u> 5:30pm – 7:30pm 6 LANES	<u>Lap/Open Swim</u> 4:30pm – 5:00pm 6 LAP			
	<u>CLOSED</u> 7:45pm	<u>CLOSED</u> 7:45pm	<u>Capital Aquatics Junior Practice</u> 5:00pm – 6:30pm 6 LANES			
			<u>Lap/Open Swim</u> 6:30pm – 7:45pm 6 LAP			
			<u>CLOSED</u> 7:45pm			

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

Pool Schedule

September 7th – September 13th 2026

Revised 0913 hrs 9/4/26

MON 7	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13
CLOSED FOR LABOR DAY	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	Capital Aquatics Senior Practice 7:00am – 9:00am 6 LANES	Lap/Open Swim 12:00pm – 1:00pm 6 LAP
	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 9:00am – 9:15am	Blue Wave Divers 1:00pm – 3:00pm 1 LANE
	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	Capital Aquatics Junior Practice 9:00am – 10:30am 6 LANES	Lap/Open Swim 1:00pm – 3:00pm 5 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	Lap/Open Swim 10:30pm – 2:00pm 6 LAP	GUARD BREAK 3:00pm – 3:15pm
	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	GUARD BREAK 2:00pm – 2:15pm	Lap/Open Swim 3:15pm – 4:45pm 6 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	Lap/Open Swim 2:15pm – 4:45pm 6 LAP	CLOSED 4:45pm
	GUARD BREAK 4:00pm – 4:30pm	Lap/Open Swim 10:45am – 4:00pm 6 LAP	Total Body (Faith) 10:00am – 10:45am 4 LANES /1 LAP	Lap/Open Swim 2:15pm – 3:45pm 6 LAP	CLOSED 4:45pm	
	Lap/Open Swim 4:30pm – 5:00pm 6 LAP	GUARD BREAK (Moodie covering) 4:00pm – 4:30pm	Blue Wave Divers 10:00am – 12:00pm 1 LANE/1 LAP	CLOSED 3:45pm		
	Capital Aquatics Junior Practice 5:00pm – 6:30pm 6 LANES	NHHS XCountry 4:00pm – 5:00pm 1 LANE	Lap/Open Swim 12:00pm – 4:00pm 6 LAP	Capital Aquatics Senior Practice 5:30pm – 7:30pm 6 LANES		
	Capital Aquatics Senior Practice 6:30pm – 7:30pm 6 LANES	Lap/Open Swim 4:30pm – 5:30pm 6 LAP	GUARD BREAK 4:00pm – 4:30pm			
	Lap/Open Swim 7:30pm – 8:45pm 6 LAP	Capital Aquatics Senior Practice 5:30pm – 7:30pm 6 LANES	Lap/Open Swim 4:30pm – 5:00pm 6 LAP			
CLOSED 8:45pm		Lap/Open Swim 7:30pm – 8:45pm 6 LAP	Capital Aquatics Junior Practice 5:00pm – 6:30pm 6 LANES			
		CLOSED 8:45pm	Lap/Open Swim 6:30pm – 8:45pm 6 LAP			
			CLOSED 8:45pm			

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 Monday for Labor Day

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

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

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.