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

Pool Schedule

October 26th – November 1st 2026

Revised 10/26/26

MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31	SUN 1
Lap/Open Swim 4:30am - 5:30am **6 LAP**	**Deep Water Jog** 4:30am - 5:15am 2 LANES /**4 LAP**	**Lap/Open Swim** 4:30am - 5:30am **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 - 3:00pm **6 LAP**
CCHS Swim Team 5:30am - 7:00am **6 LAP**	**CCHS Swim Team** 5:30am - 7:00am **6 LAP**	**CCHS Swim Team** 5:30am - 7:00am **6 LAP**	**CCHS Swim Team** 5:30am - 7:00am **6 LAP**	**CCHS Swim Team** 5:30am - 7:00am **6 LAP**	**GUARD BREAK** 9:00am - 9:15am	**GUARD BREAK** 3:00pm - 3:15pm
GUARD BREAK 6:00am - 6:15am	**GUARD BREAK** 6:00am - 6:15am	**GUARD BREAK** 6:00am - 6:15am	**GUARD BREAK** 6:00am - 6:15am	**GUARD BREAK** 6:00am - 6:15am	**Capital Aquatics Junior Practice** 9:00am - 10:30am 6 LANES	**Lap/Open Swim** 3:15pm - 4:45pm **6 LAP**
Lap/Open Swim 7:00am - 7:30am **6 LAP**	**Lap/Open Swim** 7:00am - 9:00am **6 LAP**	**Lap/Open Swim** 7:00am - 7:30am **6 LAP**	**Lap/Open Swim** 7:00am - 9:00am **6 LAP**	**Lap/Open Swim** 7:00am - 9:45am **6 LAP**	**Lap/Open Swim** 10:30am - 2:00pm **6 LAP**	**CLOSED** 4:45pm
Fun and Fit (Faith) 7:30am - 9:00am 4 LANES /**2 LAP**	**CCES Splash!** 9:00am - 10:30am 6 LANES	**Fun and Fit (Faith)** 7:30am - 9:00am 4 LANES /**2 LAP**	**CCES Splash!** 9:00am - 10:30am 6 LANES	**GUARD BREAK** 9:45am - 10:00am	**GUARD BREAK** 2:00pm - 2:15pm	
CCES Splash! 9:00am - 10:30am 6 LANES	**GUARD BREAK** 10:30am - 10:45am	**CCES Splash!** 9:00am - 10:30am 6 LANES	**GUARD BREAK** 10:30am - 10:45am	**Lap/Open Swim** 10:00am - 2:00pm **6 LAP**	**Lap/Open Swim** 2:15pm - 4:45pm **6 LAP**	
GUARD BREAK 10:30am - 10:45am	**CCES Splash!** 10:30am - 12:00pm 6 LANES	**GUARD BREAK** 10:30am - 10:45am	**CCES Splash!** 10:30am - 12:00pm 6 LANES	**GUARD BREAK** 2:00pm - 2:15pm	**CLOSED** 4:45pm	
CCES Splash! 10:30am - 12:00pm 6 LANES	**Lap/Open Swim** 12:00pm - 3:00pm **6 LAP**	**CCES Splash!** 10:30am - 12:00pm 6 LANES	**Lap/Open Swim** 12:00pm - 3:00pm **6 LAP**	**Lap/Open Swim** 2:15pm - 4:00pm **6 LAP**		
Lap/Open Swim 12:00pm - 3:30pm **6 LAP**	**GUARD BREAK** 3:00pm - 3:30pm	**Lap/Open Swim** 12:00pm - 3:30pm **6 LAP**	**GUARD BREAK** 3:00pm - 3:30pm	**NHHS Swim Team** 4:00pm - 5:30pm **6 LAP**		
GUARD BREAK 3:30pm - 4:00pm	**NHHS Swim Team** 3:30pm - 5:00pm **6 LAP**	**GUARD BREAK** 3:30pm - 4:00pm	**NHHS Swim Team** 3:30pm - 5:00pm **6 LAP**	**GUARD BREAK** 5:30pm - 5:45pm		
NHHS Swim Team 4:00pm - 5:30pm **6 LAP**	**Capital Aquatics Junior Practice** 5:00pm - 6:30pm 6 LANES	**NHHS Swim Team** 4:00pm - 5:30pm **6 LAP**	**Capital Aquatics Junior Practice** 5:00pm - 6:30pm 6 LANES	**Capital Aquatics Senior Practice** 5:30pm - 7:30pm 6 LANES		
Capital Aquatics Senior Practice 5:30pm - 7:30pm 6 LANES	**Capital Aquatics Senior Practice** 6:30pm - 7:30pm 6 LANES	**Capital Aquatics Senior Practice** 5:30pm - 7:30pm 6 LANES	**Capital Aquatics Senior Practice** 6:30pm - 7:30pm 6 LANES	**LHS Swim Team** 7:30pm - 9:00pm **6 LAP**		
LHS Swim Team 7:30pm - 9:00pm **6 LAP**	**LHS Swim Team** 7:30pm - 9:00pm **6 LAP**	**LHS Swim Team** 7:30pm - 9:00pm **6 LAP**	**LHS Swim Team** 7:30pm - 9:00pm **6 LAP**	**CLOSED** 9:00pm		
CLOSED 9:00pm	**CLOSED** 9:00pm	**CLOSED** 9:00pm	**CLOSED** 9:00pm			

Weekly Bulletin

ATTENTION: Several Lifeguards are working double shifts.

On those days, Lifeguard GUARD BREAKS are 30 minutes.

(Note that while these breaks are longer, they will result in fewer interruptions to available pool time)

SPLASH! This week 9am – Noon Monday – Thursday

(Pay *particular* attention to locker room closures)

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

Check our Facebook page for the latest Pool Schedule

November 1 – 7, 2026

YMCA of Harrison County Pool Schedule

November 1 Sunday	November 2 Monday	November 3 Tuesday	November 4 Wednesday	November 5 Thursday	November 6 Friday	November 7 Saturday
Lap/Open Swim 12:00pm – 3:00pm 6 Lanes	Lap/Open Swim 4:30am – 5:30am 6 Lanes	Deep Water Jog 4:30am – 5:15am 2 Lanes/4 Lap	Lap/Open Swim 4:30am – 5:30am 6 Lanes	Deep Water Jog 4:30am – 5:15am 2 Lanes/4 Lap	Lap/Open Swim 4:30am – 5:30am 6 Lanes	Capital Aquatics 7:00am – 9:00am 6 Lanes
Guard Break 3:00pm – 3:15pm	CC Swim Team 5:30am – 7:00am 6 Lanes	CC Swim Team 5:30am – 7:00am 6 Lanes	CC Swim Team 5:30am – 7:00am 6 Lanes	CC Swim Team 5:30am – 7:00am 6 Lanes	CC Swim Team 5:30am – 7:00am 6 Lanes	Guard Break 9:00am – 9:15am
Lap/Open Swim 3:15pm – 4:45pm 6 Lanes	(Guard Break) 6:00am – 6:15am	(Guard Break) 6:00am – 6:15am	(Guard Break) 6:00am – 6:15am	(Guard Break) 6:00am – 6:15am	(Guard Break) 6:00am – 6:15am	Capital Aquatics 9:00am – 10:30am 6 Lanes
Pool Closed 4:45pm	Lap/Open Swim 7:00am – 9:00am 6 Lanes	Lap/Open Swim 7:00am – 9:45am 6 Lanes	Lap/Open Swim 7:00am – 9:00am 6 Lanes	Lap/Open Swim 7:00am – 9:00am 6 Lanes	Lap/Open Swim 7:00am – 9:45am 6 Lanes	Lap/Open Swim 10:30am – 2:00pm 6 Lanes
	Fun and Fit 9:00am – 9:45am 4 Lanes/2 Lap	Guard Break 9:45am – 10:00am	Fun and Fit 9:00am – 9:45am 4 Lanes/2 Lap	Fun and Fit 9:00am – 9:45am 4 Lanes/2 Lap	Guard Break 9:45am – 10:00am	Guard Break 2:00pm – 2:15pm
	Guard Break 9:45am – 10:00am	Lap/Open Swim 10:00am – 3:00pm 6 Lanes	Guard Break 9:45am – 10:00am	Guard Break 9:45am – 10:00am	Lap/Open Swim 10:00am – 2:00pm 6 Lanes	Lap/Open Swim 2:15pm – 4:45pm 6 Lanes
	Total Body 10:00am – 10:45am 4 Lanes/2 Lap	Guard Break 3:00pm – 3:30pm	Lap/Open Swim 10:00am – 3:30pm 6 Lanes	Lap/Open Swim 10:00am – 3:00pm 6 Lanes	Guard Break 2:00pm – 2:15pm	Pool Closed 4:45pm
	Lap/Open Swim 10:45am – 3:30pm 6 Lanes	NH Swim Team 3:30pm – 5:00pm 3 Lanes/3 Lap	Guard Break 3:30pm – 4:00pm	Guard Break 3:00pm – 3:30pm	Lap/Open Swim 2:15pm – 4:00pm 6 Lanes	
	Guard Break 3:30pm – 4:00pm	CAJR Swim Team 5:00pm – 6:30pm 6 Lanes	NH Swim Team 4:00pm – 5:30pm 3 Lanes/3 Lap	NH Swim Team 3:30pm – 5:00pm 3 Lanes/3 Lap	NH Swim Team 4:00pm – 5:30pm 3 Lanes/3 Lap	
	NH Swim Team 4:00pm – 5:30pm 3 Lanes/3 Lap	CASR Swim Team 6:30pm – 7:30pm 6 Lanes	CASR Swim Team 5:30pm – 7:30pm 6 Lanes	CAJR Swim Team 5:00pm – 6:30pm 6 Lanes	CASR Swim Team 5:30pm – 7:30pm 6 Lanes	
	CASR Swim Team 5:30pm – 7:30pm 6 Lanes	LHS Swim Team 7:30pm – 9:00pm 3 Lanes/3 Lap	LHS Swim Team 7:30pm – 9:00pm 3 Lanes/3 Lap	CASR Swim Team 6:30pm – 7:30pm 6 Lanes	(Guard Break) 6:00pm – 6:15pm	
	LHS Swim Team 7:30pm – 9:00pm 3 Lanes/3 Lap	Pool Closed 9:00pm	Pool Closed 9:00pm	LHS Swim Team 7:30pm – 9:00pm 3 Lanes/3 Lap	LHS Swim Team 7:30pm – 9:00pm 3 Lanes/3 Lap	
	Pool Closed 9:00pm			Pool Closed 9:00pm	Pool Closed 9:00pm	

Attention!

Splash is in full swing including *Locker Room closures.*

High School Swim Teams have begun.

Some Lifeguard Safety Breaks last *30 minutes* due to double shifts.

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

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