

Pool Schedule

September 28th – October 4th 2026

Revised 1500 hrs 9/22/26

MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4
<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 – 9:00am 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> 9:00am – 9:15am	<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> 9:15am – 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 – 9:45am 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>GUARD BREAK</u> 9:45am – 10:00am	<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>Lap/Open Swim</u> 10:00am – 4:00pm 6 LAP	<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>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 2:15pm – 3:45pm 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> 4:30pm – 5:00pm 6 LAP	CLOSED 3:45pm		
<u>Lap/Open Swim</u> 4:30pm – 5:30pm 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>Capital Aquatics Junior Practice</u> 5:00pm – 6:30pm 6 LANES			
<u>Capital Aquatics Senior Practice</u> 5:30pm – 7:30pm 6 LANES	<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> 6:30pm – 8:45pm 6 LAP			
<u>Lap/Open Swim</u> 7:30pm – 8:45pm 6 LAP	<u>Lap/Open Swim</u> 7:30pm – 8:45pm 6 LAP	<u>Lap/Open Swim</u> 7:30pm – 8:45pm 6 LAP	CLOSED 8:45pm			
CLOSED 8:45pm	CLOSED 8:45pm	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.

There will be **no classes** with **Faith** on Thursday, Oct 1st

The Pool will be **closing early** Friday October 2nd

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

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

Pool Schedule

October 5th – October 11th 2026

Revised 10/2/26

MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10	SUN 11
<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 – 3:00pm 6 LAP
<u>GUARD BREAK</u> 6:00am – 6:15am	<u>Lap/Open Swim</u> 5:15am – 8:00am 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> 3:00pm – 3:15pm
<u>Lap/Open Swim</u> 6:15am – 9:00am 6 LAP	<u>GUARD BREAK</u> 8:00am – 8:30am	<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> 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> 8:30am – 4:00pm (Over 7 hours!) 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>Lap/Open Swim</u> 10:30am – 2:00pm 6 LAP	<u>CLOSED</u> 4:45pm
<u>GUARD BREAK</u> 9:45am – 10:00am	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<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>GUARD BREAK</u> 2:00pm – 2:15pm	
<u>Total Body (Faith)</u> 10:00am – 10:45am 4 LANES /2 LAP	<u>Lap/Open Swim</u> 4:30pm – 5:00pm 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> 2:15pm – 4:45pm 6 LAP	
<u>Lap/Open Swim</u> 10:45am – 4:00pm 6 LAP	<u>Capital Aquatics Junior Practice</u> 5:00pm – 6:30pm 6 LANES	<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 – 5:15pm 6 LAP	<u>CLOSED</u> 4:45pm	
<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Capital Aquatics Senior Practice</u> 6:30pm – 7:30pm 6 LANES	<u>GUARD BREAK</u> 4:00pm – 4:30pm	<u>Lap/Open Swim</u> 10:45am – 4:00pm 6 LAP	<u>GUARD BREAK</u> 5:15pm – 5:30pm		
<u>Lap/Open Swim</u> 4:30pm – 5:30pm 6 LAP		<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>Capital Aquatics Senior Practice</u> 5:30pm – 7:30pm 6 LANES	<u>Lap/Open Swim</u> 7:30pm – 8:45pm 6 LAP	<u>Capital Aquatics Senior Practice</u> 5:30pm – 7:30pm 6 LANES	<u>Lap/Open Swim</u> 4:30pm – 5:00pm 6 LAP	<u>Lap/Open Swim</u> 7:30pm – 8:45pm 6 LAP		
<u>Lap/Open Swim</u> 7:30pm – 8:45pm 6 LAP	<u>CLOSED</u> 8:45pm	<u>Lap/Open Swim</u> 7:30pm – 8:45pm 6 LAP	<u>Capital Aquatics Junior Practice</u> 5:00pm – 6:30pm 6 LANES	<u>CLOSED</u> 8:45pm		
<u>CLOSED</u> 8:45pm		<u>CLOSED</u> 8:45pm	<u>Lap/Open Swim</u> 6:30pm – 8:45pm 6 LAP			
			<u>CLOSED</u> 8:45pm			

Weekly Bulletin

ATTENTION: Mon, (twice on Tue), Wed, and Thu **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! Begins Monday, October 12th **9am – Noon**

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.