YMCA of Harrison County

Pool Schedule

Nov 8th – Nov 14th 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	**9**	**10**	**11**	**12**	**13**	**14**
Lap/Open Swim 12:00p - 3:00p 6 Lanes	**Lap/Open Swim** 4:30a - 5:30a 6 Lanes	**Deep Water Jog** 4:30a - 5:15a 2 Lanes/4 Lap	**Lap/Open Swim** 4:30a - 5:30a 6 Lanes	**Deep Water Jog** 4:30a - 5:15a 2 Lanes/4 Lap	**Lap/Open Swim** 4:30a - 5:30a 6 Lanes	**CA Swim Team** 7:00a - 9:00a 6 Lanes
Guard Break 3:00p-3:15p Pool Closed	**CC Swim Team** 5:30a-7:00a 6 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 6 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 6 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 6 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 6 Lanes/3 Lap	**Guard Break** 9:00a-9:15a Pool Closed
Lap/Open Swim 3:15p-4:45p 6 Lanes	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**CA Swim Team** 9:00a-10:30a 6 Lanes
Pool Closed 4:45p	**Lap/Open Swim** 7:00a-7:30a 6 Lanes	**Lap/Open Swim** 7:00a-9:00a 6 Lanes	**Lap/Open Swim** 7:00a-9:00a 6 Lanes	**Lap/Open Swim** 7:00a-9:00a 6 Lanes	**Lap/Open Swim** 7:00a-9:45a 6 Lanes	**Lap/Open Swim** 10:30a-2:00p 6 Lanes
	Fun and Fit 7:30a-9:00a 4 Lanes/2 Lap	**SPLASH** 9:00a-10:30a 6 Lanes	**Fun and Fit** 9:00a-10:30a 4 Lanes/2 Lap	**SPLASH** 9:00a-10:30a 6 Lanes	**Guard Break** 9:45a-10:00a Pool Closed	**Guard Break** 2:00p-2:15p Pool Closed
	SPLASH 9:00a-10:30a 6 Lanes	**Guard Break** 10:30a-10:45a Pool Closed	**Guard Break** 10:30a-10:45a Pool Closed	**Guard Break** 10:30a-10:45a Pool Closed	**Lap/Open Swim** 10:00a-2:00p 6 Lanes	**Lap/Open Swim** 2:15p-4:45p 6 Lanes
	Guard Break 10:30a-10:45a Pool Closed	**Lap/Open Swim** 10:45a-3:00p 6 Lanes	**SPLASH** 10:30a-12:00p 6 Lanes	**Lap/Open Swim** 10:45a-3:00p 6 Lanes	**Guard Break** 2:00p-2:15p Pool Closed	**Pool Closed** 4:45p
	Lap/Open Swim 10:45a-3:30p 6 Lanes	**Guard Break** 3:00p-3:30p Pool Closed	**Lap/Open Swim** 12:00p-3:30p 6 Lanes	**Guard Break** 3:00p-3:30p Pool Closed	**Lap/Open Swim** 2:15p-3:30pp 6 Lanes	
	Guard Break 3:30p-4:00p Pool Closed	**NH Swim Team** 3:30p-5:00p 2 Lanes/4 Lap	**Guard Break** 3:30p-4:00p Pool Closed	**NH Swim Team** 3:30p-5:00p 2 Lanes/4 Lap	**NH Swim Team** 3:30p-5:00p 2 Lanes/4 Lap	
	NH Swim Team 4:00p-5:30p 2 Lanes/4 Lap	**CA Swim Team** 5:00p-7:30p 6 Lanes	**NH Swim Team** 4:00p-5:30p 2 Lanes/4 Lap	**CA Swim Team** 5:00p-7:30p 6 Lanes	**CA Swim Team** 5:00p-7:30p 6 Lanes	
	CA Swim Team 5:30p-7:30p 6 Lanes	**LHS Swim Team** 7:30p-9:00p 3 Lanes/3 Lap	**CA Swim Team** 5:30p-7:30p 6 Lanes	**LHS Swim Team** 7:30p-9:00p 3 Lanes/3 Lap	**Guard Break** 6:00p-6:15p	
	LHS Swim Team 7:30p-9:00p 3 Lanes/3 Lap	**Pool Closed** 9:00p	**LHS Swim Team** 7:30p-9:00p 3 Lanes/3 Lap	**Pool Closed** 9:00p	**LHS Swim Team** 7:30p-9:00p 3 Lanes/3 Lap	
	Pool Closed 9:00p		**Pool Closed** 9:00p		**Pool Closed** 9:00p	

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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 at 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

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 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 arm's 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.

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.

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YMCA of Harrison County

Pool Schedule

Nov 15th – Nov 21st 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	**16**	**17**	**18**	**19**	**20**	**21**
Lap/Open Swim 12:00p - 3:00p 6 Lanes	**Lap/Open Swim** 4:30a - 5:30a 6 Lanes	**Deep Water Jog** 4:30a - 5:15a 2 Lanes/4 Lap	**Lap/Open Swim** 4:30a - 5:30a 6 Lanes	**Deep Water Jog** 4:30a - 5:15a 2 Lanes/4 Lap	**Lap/Open Swim** 4:30a - 5:30a 6 Lanes	**Lap/Open Swim** 7:00a-9:00a 6 Lanes
Guard Break 3:00p-3:15p Pool Closed	**CC Swim Team** 5:30a-7:00a 3 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 3 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 3 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 3 Lanes/3 Lap	**CC Swim Team** 5:30a-7:00a 3 Lanes/3 Lap	**Guard Break** 9:00a-9:15a Pool Closed
Lap/Open Swim 3:15p-4:45p 6 Lanes	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**Guard Break** 6:00a-6:15a Pool Closed	**Lap/Open Swim** 9:15a-2:00p 6 Lanes
Pool Closed 4:45p	**Lap/Open Swim** 7:00a-7:30a 6 Lanes	**Lap/Open Swim** 7:00a-9:00a 6 Lanes	**Lap/Open Swim** 7:00a-7:30a 6 Lanes	**Lap/Open Swim** 7:00a-9:00a 6 Lanes	**Lap/Open Swim** 7:00a-10:30a 6 Lanes	**Guard Break** 2:00p-2:15p Pool Closed
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	SPLASH 9:00a-10:30a 6 Lanes	**Guard Break** 10:30a-10:45a Pool Closed	**SPLASH** 9:00a-10:30a 6 Lanes	**Guard Break** 10:30a-10:45a Pool Closed	**Lap/Open Swim** 10:45a-2:00p 6 Lanes	**Pool Closed** 4:45p
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	LHS Swim Team 7:30p-9:00p 3 Lanes/3 Lap	**Pool Closed** 9:00p	**LHS Swim Team** 7:30p-9:00p 3 Lanes/3 Lap	**Pool Closed** 9:00p	**Lap/Open Swim** 7:15p-8:45p 6 Lanes	
	Pool Closed 9:00p		**Pool Closed** 9:00p		**Pool Closed** 8:45p	

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Capital Aquatics: The YMCA of Harrison County's own swim team! This incredibly competitive team of young people has stuffed our trophy case chock-full, learning teamwork and sportsmanship along the way.

Lap/Open Swim: Our pool is a great place to stay in shape or just splash around! Take advantage of our mid-day opportunities to dive in and swim some laps, or take a lane during Swim Team and try to keep up!

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