

Lap Pool

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAY 6	MAY 7	MAY 8	MAY 9	MAY 10	MAY 11	MAY 12
Lap Swimming 4:30am - 6:30am 6 LANES	Lap Swimming 4:30am - 6:30am 4 LAP / 2 OPEN	Lap Swimming 4:30am - 6:30am 6 LANES	Lap Swimming 4:30am - 6:30am 6 LANES	Lap Swimming 4:30am - 6:30am 4 LAP / 2 OPEN	Capitol Aquatics 7:00am - 9:00am 4 LANES	Lap/Open Swim 12:00am - 2:00pm 4 LAP
GUARD BREAK 6:30am - 6:45am	Deep Water Jog 4:30am - 5:15am 2 LANES	GUARD BREAK 6:30am - 6:45am	GUARD BREAK 6:30am - 6:45am	Deep Water Jog 4:30am - 5:15am 2 LANES	Lap Swimming 9:00am - 9:45am 4 LAP/2 OPEN	GUARD BREAK 2:00pm - 2:15pm
Lap/Open Swim 6:45am - 9:00am 4 LAP / 2 OPEN	GUARD BREAK 6:30am - 6:45am	Lap/Open Swim 6:45am - 9:00am 4 LAP / 2 OPEN	Lap/Open Swim 6:45am - 9:00am 4 LAP / 2 OPEN	GUARD BREAK 6:30am - 6:45am	GUARD BREAK 9:45am - 10:00am	Lap/Open Swim 2:15am - 4:45pm 4 LAP
Fun & Fit (Faith) 9:00am - 9:45am 4 LANES	Lap/Open Swim 6:45am - 9:45am 4 LAP / 2 OPEN	Fun & Fit (Faith) 9:00am - 9:45am 4 LANES	Fun & Fit (Faith) 9:00am - 9:45am 4 LANES	Lap/Open Swim 6:45am - 9:45am 4 LAP / 2 OPEN	Lap/Open Swim 10:00am - 2:00pm 4 LAP	CLOSES AT 4:45 pm
GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 9:45am - 10:00am	GUARD BREAK 2:00pm - 2:15pm	
Total Body (Faith) 10:00am - 10:45 3 LANES	Lap/Open Swim 10:00am - 2:00pm 4 LAP/2 OPEN	Total Body (Faith) 10:00am - 10:45 3 LANES	Total Body (Faith) 10:00am - 10:45 3 LANES	Lap/Open Swim 10:00am - 2:00pm 4 LAP/2 OPEN	Lap/Open Swim 2:15am - 4:45pm 4 LAP/2 OPEN	
Lap/Open Swim 10:45pm - 2:00pm 4 LAP/2 OPEN	GUARD BREAK 2:00pm - 2:15 pm	Lap/Open Swim 10:45pm - 2:00pm 4 LAP/2 OPEN	Lap/Open Swim 10:45pm - 2:00pm 4 LAP/2 OPEN	GUARD BREAK 2:00pm - 2:15 pm	CLOSES AT 4:45 pm	
GUARD BREAK 2:00pm - 2:15pm	Lap/Open Swim 2:15 pm - 5:30pm 4 LAP / 2 OPEN	GUARD BREAK 2:00pm - 2:15pm	GUARD BREAK 2:00pm - 2:15pm	Lap/Open Swim 2:15 pm - 5:30pm 4 LAP / 2 OPEN		
Lap/Open Swim 2:15 pm - 5:30pm 4 LAP / 2 OPEN	Challenger 5:00pm - 6:30pm 2 LANES	Lap/Open Swim 2:15 pm - 5:30pm 4 LAP / 2 OPEN	Lap/Open Swim 2:15 pm - 5:30pm 4 LAP / 2 OPEN	Capitol Aquatics 5:30 - 7:30 6 LANES		
Capitol Aquatics 5:30 - 7:30 6 LANES	Capitol Aquatics 5:30pm - 7:30pm 4 LANES	Capitol Aquatics 5:30 - 7:30 6 LANES	Challenger 5:00pm - 6:30pm 2 LANES	GUARD BREAK 6:30pm - 6:45pm		
GUARD BREAK 6:30pm - 6:45pm	Swim Lessons 5:30pm - 7:15pm 2 LANES	GUARD BREAK 6:30pm - 6:45pm	Capitol Aquatics 5:30 - 7:30 4 LANES	Lap/Open Swim 7:30pm - 8:45pm 4 LAP / 2 OPEN		
Lap/Open Swim 7:30pm - 8:45pm 4 LAP / 2 OPEN	GUARD BREAK 6:30pm - 6:45pm	Lap/Open Swim 7:30pm - 8:45pm 4 LAP / 2 OPEN	Swim Lessons 5:30pm - 7:15pm 2 LANES	CLOSES AT 8:45 pm		
CLOSES AT 8:45 pm	Lap/Open Swim 7:30pm - 8:45pm 4 LAP / 2 OPEN	CLOSES AT 8:45 pm	GUARD BREAK 6:30pm - 6:45pm			
	CLOSES AT 8:45 pm		Lap/Open Swim 7:30pm - 8:45pm 4 LAP / 2 OPEN			
			CLOSES AT 8:45 pm			

Schedules be released on a weekly basis.

Revision Date 5/3/2024

Schedules will be released on a weekly basis.

Revision Date 5/3/2024

YMCA OF HARRISON COUNTY POOL 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.
- Only U.S. Coast Guard Approved swimming devices allowed.
- There is no lap swimming allowed in the therapy pool.
- All pool schedules are subject to change.
- *Swim lessons are dependent upon enrollment and may be cancelled. Must register