

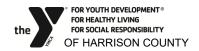
## Lap Pool

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAY 6	MAY 7	MAY 8	MAY 9	MAY 10	MAY 11	MAY 12
Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	<b>Capitol Aquatics</b>	Lap/Open Swim
4:30am - 6:30am	4:30am - 6:30am	4:30am - 6:30am	4:30am - 6:30am	4:30am - 6:30am	7:00am - 9:00am	12:00am- 2:00pm
6 LANES	4 LAP / 2 OPEN	6 LANES	6 LANES	4 LAP / 2 OPEN	4 LANES	4 LAP
GUARD BREAK	Deep Water Jog	<b>GUARD BREAK</b>	<b>GUARD BREAK</b>	Deep Water Jog	Lap Swimming	GUARD BREAK
6:30am - 6:45am	4:30am - 5:15am 2 LANES	6:30am - 6:45am	6:30am - 6:45am	4:30am - 5:15am 2 LANES	9:00am - 9:45am 4 LAP/2 OPEN	2:00pm - 2:15pm
Lap/Open Swim	2 17 11 12 13	Lap/Open Swim	Lap/Open Swim	Z L/ ((VL)	1 L/ II / L OI LIV	Lap/Open Swim
6:45am - 9:00am	<b>GUARD BREAK</b>	6:45am - 9:00am	6:45am - 9:00am	<b>GUARD BREAK</b>	<b>GUARD BREAK</b>	2:15am - 4:45pm
4 LAP / 2 OPEN	6:30am - 6:45am	4 LAP / 2 OPEN	4 LAP / 2 OPEN	6:30am - 6:45am	9:45am - 10:00am	4 LAP
Fun & Fit (Faith)	Lap/Open Swim	Fun & Fit (Faith)	Fun & Fit (Faith)	Lap/Open Swim	Lap/Open Swim	CLOSES AT
9:00am - 9:45am	6:45am - 9:45am	9:00am - 9:45am	9:00am - 9:45am	6:45am - 9:45am	10:00am - 2:00pm	4:45 pm
4 LANES	4 LAP / 2 OPEN	4 LANES	4 LANES	4 LAP / 2 OPEN	4 LAP	
GUARD BREAK	GUARD BREAK	GUARD BREAK	<b>GUARD BREAK</b>	GUARD BREAK	GUARD BREAK	
9:45am - 10:00am	9:45am - 10:00am	9:45am - 10:00am	9:45am - 10:00am	9:45am - 10:00am	2:00pm - 2:15pm	
Total Body (Faith)	Lap/Open Swim	Total Body (Faith)	Total Body (Faith)	Lap/Open Swim	Lap/Open Swim	
10:00am - 10:45	10:00am- 2:00pm	10:00am - 10:45	10:00am - 10:45	10:00am- 2:00pm	2:15am - 4:45pm	
3 LANES	4 LAP/2 OPEN	3 LANES	3 LANES	4 LAP/2 OPEN	4 LAP/2 OPEN	
Lap/Open Swim	GUARD BREAK	Lap/Open Swim	Lap/Open Swim	GUARD BREAK	CLOSES AT	
10:45pm - 2:00pm 4 LAP/2 OPEN	2:00pm - 2:15 pm	10:45pm - 2:00pm 4 LAP/2 OPEN	10:45pm - 2:00pm 4 LAP/2 OPEN	2:00pm - 2:15 pm	4:45 pm	
4 LAF/2 OFLIN	Lap/Open Swim	4 LAP/2 OPLIN	4 LAF/2 OFLIN	Lap/Open Swim		
<b>GUARD BREAK</b>	2:15 pm - 5:30pm	<b>GUARD BREAK</b>	<b>GUARD BREAK</b>	2:15 pm - 5:30pm		
2:00pm - 2:15pm	4 LAP / 2 OPEN	2:00pm - 2:15pm	2:00pm - 2:15pm	4 LAP / 2 OPEN		
Lap/Open Swim	Challenger	Lap/Open Swim	Lap/Open Swim	Capitol Aquatics		
2:15 pm - 5:30pm	5:00pm - 6:30pm	2:15 pm - 5:30pm	2:15 pm - 5:30pm	5:30 - 7:30		
4 LAP / 2 OPEN	2 LANES	4 LAP / 2 OPEN	4 LAP / 2 OPEN	6 LANES		
<b>Capitol Aquatics</b>	<b>Capitol Aquatics</b>	<b>Capitol Aquatics</b>	Challenger	GUARD BREAK		
5:30 - 7:30 6 LANES	5:30pm - 7:30pm 4 LANES	5:30 - 7:30 6 LANES	5:00pm - 6:30pm 2 LANES	6:30pm - 6:45pm		
0 LAINLS	4 LANLS	0 LAINES	Z LAINLS	Lap/Open Swim		
<b>GUARD BREAK</b>	Swim Lessons	GUARD BREAK	<b>Capitol Aquatics</b>	7:30pm - 8:45pm		
6:30pm - 6:45pm	5:30pm - 7:15pm	6:30pm - 6:45pm	5:30 - 7:30	4 LAP / 2 OPEN		
	2 LANES		4 LANES			
Lap/Open Swim		Lap/Open Swim		CLOSES AT		
7:30pm - 8:45pm	GUARD BREAK	7:30pm - 8:45pm	Swim Lessons	8:45 pm		
4 LAP / 2 OPEN	6:30pm - 6:45pm	4 LAP / 2 OPEN	5:30pm - 7:15pm 2 LANES			
CLOSES AT	Lap/Open Swim	CLOSES AT				
8:45 pm	7:30pm - 8:45pm 4 LAP / 2 OPEN	8:45 pm	GUARD BREAK 6:30pm - 6:45pm			
	CLOSES AT		Lap/Open Swim			
	8:45 pm		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



## LAP POOL

## 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