

# LAP POOL

## MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH 22	MARCH 23	MARCH 24
Lap Swimming 4:30am - 6:30 am 6 LANES	Lap Swimming 4:30am - 6:30 am 4 LAP / 2 OPEN Deep Wtr Jog(2Lane) 4:30am - 5:15 am	Lap Swimming 4:30am - 6:30 am 6 LANES	Lap Swimming 4:30am - 6:30 am 4 LAP / 2 OPEN Deep Wtr Jog(2Lane) 4:30am - 5:15 am	Lap Swimming 4:30am-6:30am 6 LANES	Lap Swimming 7:00 am - 9:45 am 4 LAP/2 OPEN	Lap Swimming Noon - 2:30 pm 6 LANES
GUARD BREAK 6:30 am - 6:45 am	GUARD BREAK 6:30 am - 6:45 am	GUARD BREAK 6:30 am - 6:45 am	GUARD BREAK 6:30 am - 6:45 am	GUARD BREAK 6:30am-6:45am	GUARD BREAK 9:45am-10:00am	GUARD BREAK 2:00 pm - 2:15 pm
Lap/Open Swim 6:45 am - 9:00 am 4 LAP / 2 OPEN	Lap/Open Swim 6:45 am - 9:45 am 4 LAP / 2 OPEN	Lap/Open Swim 6:45 am - 9:00 am 4 LAP / 2 OPEN	Lap/Open Swim 6:45 am - 9:00 am 4 LAP / 2 OPEN	Lap/Open Swim 6:45am-9:45am 4 LAP/2 OPEN	Lap/Open Swim 10:00 am - 2:00 am 4 LAP/2 OPEN	Lap/Open Swim 2:15 pm - 4:45 pm 4 LAP / 2 OPEN
Fun & Fit (Faith) 9:00 am - 9:45 am 4 LANES, Lanes open if under capacity	GUARD BREAK 9:45 am - 10:00 am	Fun & Fit (Faith) 9:00 am - 9:45 am 4 LANES, Lanes open if under capacity	Fun & Fit (Faith) 9:00 am - 9:45 am 4 LANES, Lanes open if under capacity	GUARD BREAK 9:45am-10:00am	GUARD BREAK 2:00pm - 2:15pm	CLOSES AT 4:45 pm
GUARD BREAK 9:45 am - 10:00 am	Lap/Open Swim 10:00am-2:00am 4 LAP/2 OPEN	GUARD BREAK 9:45 am - 10:00 am	GUARD BREAK 9:45 am - 10:00 am	Lap/Open Swim 10:00am-2:00am 4 LAP/2 OPEN	Lap/Open Swim 2:15pm - 4:45 pm 4 LAP/2 OPEN	
Lap/Open Swim 10:00 - 2:00 pm 4 LAP / 2 OPEN	GUARD BREAK 2:00 pm - 2:15 pm	Lap/Open Swim 10:00 - 2:00 pm 4 LAP / 2 OPEN	GUARD BREAK 9:45 am - 10:00 am	GUARD BREAK 2:00pm - 2:15pm	CLOSES AT 4:45 pm	
GUARD BREAK 2:00 pm - 2:15 pm	Lap/Open Swim 2:15 pm - 6:30pm 4 LAP / 2 OPEN	Total Body (Faith) 10:00 am-10:45 am 3 LANES	Total Body (Faith) 10:00 am-10:45 am 3 LANES	Lap/Open Swim 2:15 pm - 6:30pm 4 LAP / 2 OPEN		
Lap/Open Swim 2:15 pm - 6:30pm 4 LAP / 2 OPEN	GUARD BREAK 6:30 pm - 6:45pm	GUARD BREAK 2:00 pm - 2:15 pm	POOL CLOSED 12:00pm - 4:00 pm	GUARD BREAK 6:30 pm - 6:45pm		
GUARD BREAK 6:30pm - 6:45pm	Lap/Open Swim 6:45pm - 8:45pm 4 LAP / 2 OPEN	Lap/Open Swim 2:15 pm - 6:30pm 4 LAP / 2 OPEN	Lap/Open Swim 4:00 pm - 6:30 pm 4 LAP / 2 OPEN	Lap/Open Swim 6:45pm - 8:45pm 4 LAP / 2 OPEN		
Lap/Open Swim 6:45 pm - 8:45 pm 4 LAP / 2 OPEN	CLOSES AT 8:45 pm	GUARD BREAK 6:30 pm - 6:45pm	GUARD BREAK 6:30 pm - 6:45pm	CLOSES AT 8:45 pm		
CLOSES AT 8:45 pm		Lap/Open Swim 6:45pm - 8:45pm 4 LAP / 2 OPEN	Lap/Open Swim 6:45pm - 8:45pm 4 LAP / 2 OPEN			
		CLOSES AT 8:45 pm	CLOSES AT 8:45 pm			

Schedules for March will be released on a weekly basis.

Thank you for your understanding.

Revision Date 3/8/2024

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*Revision Date 3/8/2024*

### **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