

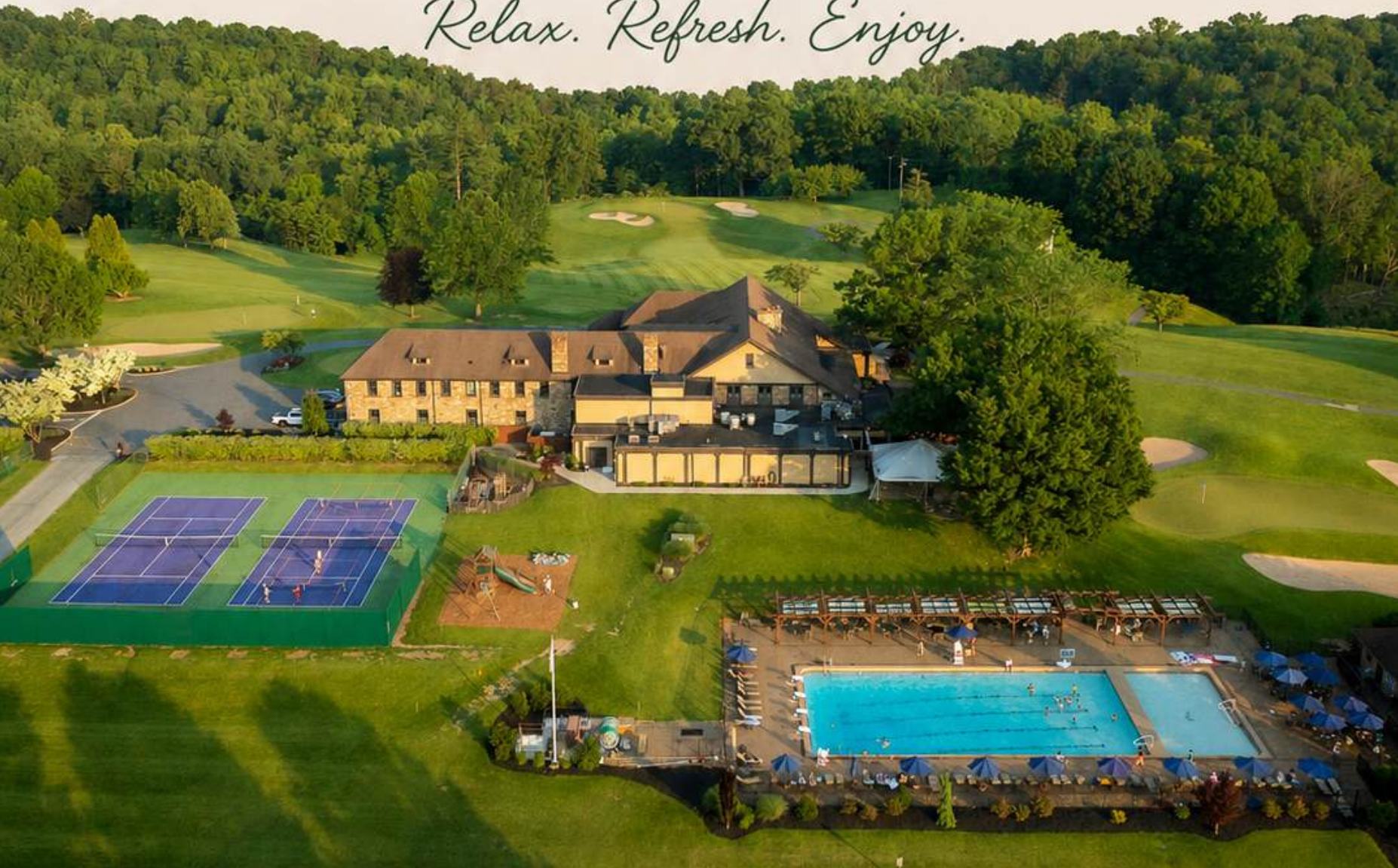


2026

POOL INFORMATION



Relax. Refresh. Enjoy.



SPLISH SPLASH and WELCOME BACK!

As the warmer days approach, we're thrilled to kick off another exciting swim season at the Club. There's nothing quite like the energy, camaraderie, and tradition that our pool brings to life each summer - - and we are so glad to have you back as part of it.

Whether you're returning to cheer on the Hammerheads, enjoy a relaxing afternoon poolside, or watch your children grow in confidence and skill in the water, this season promises to be filled with fun, connection, and lasting memories.

Our team has been hard at work preparing the pool, planning events, and organizing swim programs for all ages. From swim team practices and meets to family swim nights and social events, there will be something for everyone to enjoy.

We encourage you to take a moment to review all the important information that you will need to make the most of your time at the pool: rules, dress code, swim team details, swim lessons, and our summer calendar with hours of operation. As always, our staff is here to ensure a safe, welcoming, and enjoyable experience for all. Thank you for being such an important part of our Club community.

Here's to a wonderful summer ahead - - we can't wait to see you at the pool!



Pool Dress Code

To ensure a comfortable, safe, and enjoyable environment for all members and guests, we kindly ask that the following pool attire guidelines be observed:

Appropriate Swim Attire

- Proper swimwear is required at all times.
- Acceptable attire includes swimsuits and swim trunks made of traditional swim material.
- Thong or thong-style swimsuits are not permitted.
- Undergarments of any kind and non-swim shorts are not permitted as a substitute for swim attire.
- Swim diapers are required for infants and toddlers who are not fully toilet trained.

Clubhouse Attire

- Cover-ups, shirts, and footwear are required when entering the clubhouse or dining areas.
- Members and guest attire should be appropriate for a family-oriented environment.

All individuals entering and exiting the pool area are required to wear a suitable cover-up or clothing when not in the pool area. The pool management and staff reserve the right to determine the appropriateness of swimwear. If a member or a guest is dressed inappropriately, they will be asked to leave the pool facility.



Pool Code of Conduct

To ensure a safe, enjoyable, and respectful environment for all members and guests, we ask that everyone observe the following guidelines while using the pool facilities:

Respect & Courtesy

- Treat fellow members, guests, and staff with respect at all times.
- Use appropriate language and behavior consistent with a family-friendly environment.
- Follow all instructions given by lifeguards and Club staff.

Safety First

- No running, pushing, or rough play on the pool deck.
- Diving is permitted only in designated areas.
- Anyone under 12-years old must be accompanied by an adult.
- Children who are not strong swimmers must be supervised by an adult at all times.
- Glass containers are strictly prohibited in the pool area.

Pool Etiquette

- Be mindful of others when using lanes or recreational space.
- Limit prolonged use of lounge chairs when not actively using the pool. SAVING chairs is strictly prohibited.
- Proper swim attire is required in accordance with club dress code.

Guests

- The pool guest fee is \$6.00 per guest, per day. Please notify the service team of your guest count. The fee will be added to your Club house account.
- Members are responsible for the conduct of their guests at all times.
- Guests must adhere to all Club rules and policies.

Cleanliness & Care

- Dispose of trash properly and help keep the pool area clean.
- Use towels appropriately and return them as required by Club policy.

Enforcement

- Failure to comply with these guidelines may result in suspension of pool privileges.
- Club management reserves the right to address any behavior deemed inappropriate or unsafe.

We appreciate your cooperation in helping maintain the high standards and welcoming atmosphere of the Club.

Swim Lessons

Whether your child is just getting comfortable in the water or looking to improve their strokes and confidence, our swim coaches are here to help! Private and small group swim lessons are available for swimmers of all ages and skill levels throughout the summer season.

Lessons focus on water safety, stroke development, endurance, and building confidence in a fun and encouraging environment.

Reach out to coaches directly for availability and scheduling!

Coaches:

- John Kesler – (717) 756-3084
- Liz Grobinski – (570) 877-3914
- Annika Patel – (717) 991-7309
- Gwen Blinebury – (717) 425-1655



May

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23 Pool Opening Day 11:00am - 8:00pm
24 11:00am - 8:00pm	25 11:00am - 8:00pm	26 12:00pm - 5:00pm Swim Team Practice 5:00pm - 7:30pm	27 12:00pm - 5:00pm Swim Team Practice 5:00pm - 7:30pm	28 12:00pm - 5:00pm Swim Team Practice 5:00pm - 7:30pm	29 12:00pm - 8:00pm	30 11:00am - 8:00pm
31 11:00am - 8:00pm						

June

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00pm - 5:00pm <i>Swim Team Practice</i> 5:00pm - 7:30pm	2 12:00pm - 5:00pm <i>Swim Team Practice</i> 5:00pm - 7:30pm	3 12:00pm - 5:00pm <i>Swim Team Practice</i> 5:00pm - 7:30pm	4 12:00pm - 5:00pm <i>Swim Team Practice</i> 5:00pm - 7:30pm	5 12:00pm - 8:00pm	6 11:00am - 8:00pm
7 11:00am - 8:00pm	8 12:00pm - 8:00pm	9 12:00pm - 8:00pm <i>5:30pm Water Exercise</i>	10 12:00pm - 8:00pm	11 12:00pm - 8:00pm	12 12:00pm - 8:00pm	13 11:00am - 8:00pm <i>Live Music</i>
14 11:00am - 8:00pm	15 12:00pm - 8:00pm	16 12:00pm - 3:00pm <i>Home Swim Meet</i>	17 12:00pm - 8:00pm	18 12:00pm - 3:00pm <i>Home Swim Meet</i>	19 12:00pm - 8:00pm	20 11:00am - 8:00pm
21 11:00am - 8:00pm	22 12:00pm - 8:00pm	23 12:00pm - 8:00pm <i>5:30pm Water Exercise</i>	24 12:00pm - 8:00pm	25 12:00pm - 8:00pm	26 12:00pm - 8:00pm	27 11:00am - 8:00pm
28 11:00am - 8:00pm <i>Dive In Movie</i> 6:00pm - 10:00pm	29 12:00pm - 8:00pm	30 12:00pm - 8:00pm <i>5:30pm Water Exercise</i>				

July

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12:00pm - 8:00pm	2 12:00pm - 8:00pm	3 12:00pm - 8:00pm	4 11:00am - 8:00pm
5 11:00am - 8:00pm	6 12:00pm - 8:00pm	7 12:00pm - 8:00pm <i>5:30pm Water Exercise</i>	8 12:00pm - 8:00pm	9 12:00pm - 8:00pm	10 12:00pm - 3:00pm <i>Hammerhead Awards Event</i>	11 11:00am - 8:00pm
12 11:00am - 8:00pm	13 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	14 12:00pm - 8:00pm	15 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	16 12:00pm - 8:00pm	17 12:00pm - 8:00pm	18 11:00am - 8:00pm <i>Live Music</i>
19 11:00am - 8:00pm	20 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	21 12:00pm - 8:00pm	22 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	23 12:00pm - 8:00pm	24 12:00pm - 8:00pm	25 11:00am - 8:00pm
26 11:00am - 8:00pm <i>Dive In Movie</i> 6:00pm - 10:00pm	27 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	28 12:00pm - 8:00pm	29 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	30 12:00pm - 8:00pm	31 12:00pm - 8:00pm	

August

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00am - 8:00pm
2 11:00am - 8:00pm	3 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	4 12:00pm - 8:00pm	5 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	6 12:00pm - 8:00pm	7 12:00pm - 8:00pm	8 11:00am - 8:00pm
9 11:00am - 8:00pm	10 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	11 12:00pm - 8:00pm	12 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	13 12:00pm - 8:00pm	14 12:00pm - 8:00pm	15 11:00am - 8:00pm
16 11:00am - 8:00pm	17 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	18 12:00pm - 8:00pm	19 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	20 12:00pm - 8:00pm	21 12:00pm - 8:00pm	22 11:00am - 8:00pm <i>Live Music</i>
23 11:00am - 8:00pm	24 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	25 12:00pm - 8:00pm	26 12:00pm - 8:00pm <i>11:00am Water Exercise</i>	27 12:00pm - 8:00pm	28 12:00pm - 8:00pm	29 11:00am - 8:00pm
30 11:00am - 8:00pm <i>Dive In Movie</i> 6:00pm - 10:00pm	31 12:00pm - 8:00pm					

September

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 12:00pm - 8:00pm	2 12:00pm - 8:00pm	3 12:00pm - 8:00pm	4 12:00pm - 8:00pm	5 12:00pm - 8:00pm	6 11:00am - 8:00pm
7 11:00am - 8:00pm	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAKE A *Splash* THIS SUMMER!

with

LAP SWIMMING

AT THE

COUNTRY CLUB OF HARRISBURG



Stay active. Beat the heat. Love your summer!

Whether you're an early riser looking to start your day with a few peaceful laps or squeezing in an afternoon workout, we've got dedicated swim times all season long! Enjoy a refreshing way to stay active, beat the heat, and make the most of your summer at the Club!

LAP SWIMMING SCHEDULE



MONDAY / WEDNESDAY / FRIDAY
7:30 - 8:30 A.M.



WEEKENDS
10:00 A.M. - 12:00 P.M.



DAILY AFTERNOON LAP LANES
Lap lanes will be installed beginning at **2:00 P.M.** each day.



EVENING AVAILABILITY
Two lap lanes will remain open during the final **two hours** of pool operation each day.



PLEASE NOTE: Morning lap swimming will not be available on **TUESDAYS** or **THURSDAYS**.

Family Fun &
**DIVE-IN
MOVIE
NIGHT!**



6PM – 10PM



MOVIE IS AT DUSK



FAMILY FRIENDLY PIZZA
PARTY & SUNDAE BAR



DJ AND GAMES

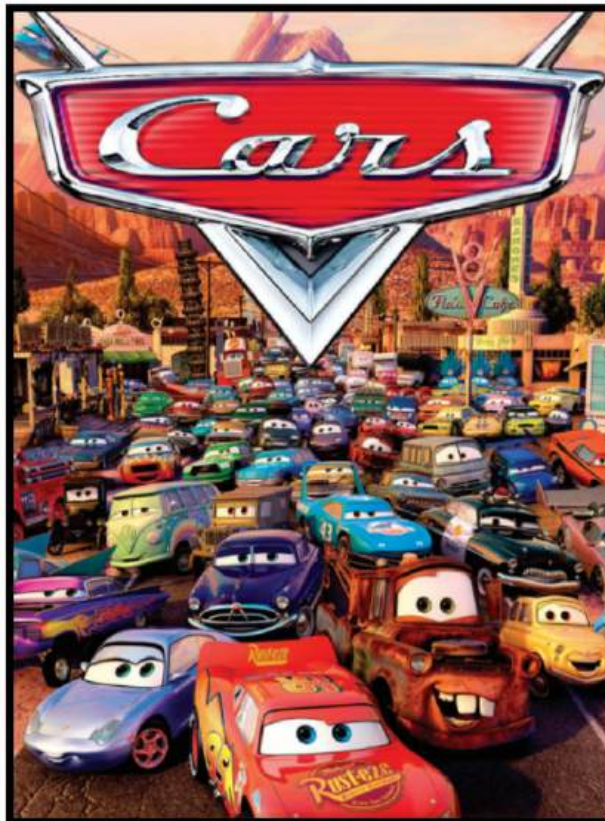


WATCH THE MOVIE
FROM THE HEATED POOL



BRING RAFTS,
TUBES & NOODLES

★ MOVIE: ★



ADULTS **\$24** | TEENS **\$18**

KIDS (AGES 5-12) **\$12**

4 & UNDER – **FREE**

RSVP
by June 24!



JUNE 28

DIVE-IN
MOVIE NIGHT

CARS



JULY 26

DIVE-IN
MOVIE NIGHT

DETAILS
TO FOLLOW



AUG 30

DIVE-IN
MOVIE NIGHT

DETAILS
TO FOLLOW

THANK YOU TO
OUR SPONSOR!

TIRE MART
TIRE PROS

WATER EXERCISE

Looking for a low-impact, high-results workout this summer? Join us poolside for Water Pilates at the Country Club of Harrisburg!

Led by certified instructor Zuri, these 50-minute classes are designed to improve flexibility, strength, balance, and core stability—all with the support of the water.

Class Schedule

Tuesday Evening Classes

6:15 p.m.

June 9, 23, 30 & July 7

Monday & Wednesday Classes

11:00 a.m.

Beginning Monday, July 13

July Dates

Mondays: July 13, 20 & 27

Wednesdays: July 15, 22 & 29

August Dates

Mondays: August 3, 10, 17 & 24

Wednesdays: August 5, 12, 19 & 26

Pricing

Early Bird Special

18 classes for \$250

Register by May 31 to receive the discounted rate.

After May 31

18 classes for \$275

Pay-As-You-Go Option

\$25 per class

Spaces are limited—don't miss your chance to make a splash this summer with Water Pilates at CCH!

Dive

INTO SUMMER

CCAT



SIGN UP

[Click here](#) to register for the season or scan the below QR code



GEAR UP

[Click here](#) to order Team suits (optional)

[Click here](#) to order Spirit wear

STAY IN THE LOOP

Join our Remind App for updates on weather, schedule changes, and more.

Text 81010 with message @cb6hk2

PRACTICE SCHEDULE

Monday–Friday, grouped by age/ability:

8:30–9:30 AM – Black (High School/Advanced)

9:30–10:20 AM – Blue (Strong Competitive)

10:30–11:10 AM – White

11:15–11:40 AM – Red (Beginners)

11:45–12:05 PM – Mini Team (Ages 5 & under, M/W/F only)

Mini Team swimmers will even get a chance to swim at home meets and earn a participation ribbon—such a fun first swim experience!

