



Henderson County Family YMCA

Warm Pool Schedule

March 15-May 31, 2025

ADULT SWIM: Limited to those 18 and over
PARENT TOT: Children 5 and under with a guardian in the water
FAMILY SWIM: All swimmers of all ages

Monday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
Space limited from 7-8a & 9-10a for water fitness	
11:00-1:00pm	Family Swim
4:00-5:00pm	Adult/Parent Tot Swim
5:00-6:00pm	Water Fitness
6:00-7:00pm	Adult/Parent Tot Swim

Tuesday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
11:00-1:00pm	Family Swim
4:00-7:00pm	Adult/Parent Tot Swim
Space limited 5:30 to 6:00 for swim lessons	

Wednesday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
Space limited from 7-8a & 9-10a for water fitness	
11:00-1:00pm	Family Swim
4:00-5:00pm	Adult/Parent Tot Swim
5:00-6:00pm	Water Fitness
6:00-7:00pm	Adult/Parent Tot Swim

Thursday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
11:00-1:00pm	Family Swim
4:00-7:00pm	Adult/Parent Tot Swim
Space limited 5:30 to 6:00 for swim lessons	

Friday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
Space limited from 9-10a for water fitness	
11:00-1:00pm	Family Swim
4:00-6:30pm	Family Swim

Saturday

TIME	ACTIVITY
9:15-12:00pm	Adult/Parent Tot Swim
12:00-3:00pm	Family Swim

Sunday

TIME	ACTIVITY
12:15-3:15pm	Family Swim

Open & Family Swim is for members who are not swimming laps.

A parent or guardian must be IN THE POOL with any child age 8 or younger that cannot touch the bottom or has not passed the swim test.

A parent must remain ON DECK with any child under the age of 9 regardless if the child has passed the swim test.

All flotation devices should be coast guard approved. No inflatable pool toys will be allowed.

Therapy jets may not be used during Water Fitness classes or Swim lessons.

Water Fitness times are reserved for those 18 and older.

YMCA Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.