



Henderson County Family YMCA

Lap Pool Schedule

August 3rd—September 7th, 2025

Lap Swim is reserved for members and paying guests ages 14 and over. More than one swimmer per lane is permitted.

Monday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
9:30-1:00pm	Lap Swim	1-3
9:30-1:00pm	Open/Family Swim	4-6
4:00-7:00pm	Lap Swim	1-3
4:00-7:00pm	Open/Family Swim	4-6

Tuesday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
9:30-1:00pm	Lap Swim	1-3
9:30-1:00pm	Open/Family Swim	4-6
4:00-7:00pm	Lap Swim	1-3
4:00-7:00pm	Open/Family Swim	4-6

Wednesday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
9:30-1:00pm	Lap Swim	1-3
9:30-1:00pm	Open/Family Swim	4-6
4:00-7:00pm	Lap Swim	1-3
4:00-7:00pm	Open/Family Swim	4-6

Thursday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
9:30-1:00pm	Lap Swim	1-3
9:30-1:00pm	Open/Family Swim	4-6
4:00-5:15pm	Open/Family Swim	4-6
4:00-5:15pm	Lap Swim	1-3
5:30-7:00pm	SWIM LESSONS	

Friday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
9:30-1:00pm	Lap Swim	1-3
9:30-1:00pm	Open/Family Swim	4-6
4:00-6:30pm	Lap Swim	1-3
4:00-6:30pm	Open/Family Swim	4-6

Saturday

TIME	ACTIVITY	LANES
9:15-3:00pm	Lap Swim	1-3
9:15-3:00pm	Open/Family Swim	4-6

Sunday

TIME	ACTIVITY	LANES
12:15-3:00pm	Lap Swim	1-3
12:15-3:00pm	Open/Family Swim	4-6

Open & Family Swim is for members and paying guests ages 9 and older who are not swimming laps.

A parent or guardian must be IN THE POOL with any child under the age of 8 that has not passed the swim test.

A parent must remain ON DECK with any child under the age of 9 that has not passed the swim test.

All flotation devices should be coast guard approved.

The age of the oldest child swimmer will determine if you swim in the Warm Pool or Lap Pool. Children over the age of 5 are only permitted to swim in the warm pool during Family Swim times

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