



# Henderson County Family YMCA Warm Pool Schedule

August 3rd—December 30th, 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
<b>Space limited from 7-8a &amp; 9-10a for water fitness</b>	
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
<b>Space limited 5:30 to 7:00 for swim lessons</b>	

## Wednesday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
<b>Space limited from 7-8a &amp; 9-10a for water fitness</b>	
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
4:00-5:15pm	Adult/Parent Tot Swim
5:15-7:00pm	<b>CLOSED FOR SWIM LESSONS</b>

## Friday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
<b>Space limited from 9-10a for water fitness</b>	
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

Children over the age of 5 should only be in the warm pool during Family Swim times.

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.