



Henderson County Family YMCA

Lap Pool Schedule

September 8—November 16, 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	Swim Team	1-4
4:00-7:00pm	Open/Family Swim	5 & 6

****SPACE LIMITED FROM 12-1 DURING 3RD GRADE SWIM**

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	Swim Team	1-4
4:00-7:00pm	Lap Swim Only	5 & 6

New T/Th 8a Water Fitness class starts Oct 14!

****SPACE LIMITED FROM 12-1 DURING 3RD GRADE SWIM**

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	Swim Team	1-4
4:00-7:00pm	Open/Family Swim	5 & 6

****SPACE LIMITED FROM 12-1 DURING 3RD GRADE SWIM**

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	Swim Team	1-6
5:30-7:00pm	SWIM LESSONS	
5:30-7:00pm	Lap Swim Only	5 & 6

****SPACE LIMITED FROM 12-1 DURING 3RD GRADE SWIM**

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	Swim Team	1-4
4:00-6:30pm	Open/Family Swim	5 & 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.

Upcoming Third Grade Swim Dates:

- ♦ September 29th thru October 2nd
- ♦ October 20th thru October 23rd
- ♦ November 3rd thru November 6th
- ♦ November 17th thru November 20th

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

