



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
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6:30-11:00am	Adult Swim
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Space limited from 7-8a & 9-10a for water fitness

11:00-1:00pm	Family Swim
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4:00-5:00pm	Adult/Parent Tot Swim
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5:00-6:00pm	Water Fitness
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6:00-7:00pm	Adult/Parent Tot Swim
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***Space limited from 12 to 1 during 3rd grade swim**

Tuesday

TIME	ACTIVITY
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6:30-11:00am	Adult Swim
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11:00-1:00pm	Family Swim
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4:00-7:00pm	Adult/Parent Tot Swim
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***Space limited from 12 to 1 during 3rd grade swim**

Wednesday

TIME	ACTIVITY
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6:30-11:00am	Adult Swim
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Space limited from 7-8a & 9-10a for water fitness

11:00-1:00pm	Family Swim
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4:00-5:00pm	Adult/Parent Tot Swim
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5:00-6:00pm	Water Fitness
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6:00-7:00pm	Adult/Parent Tot Swim
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***Space limited from 12 to 1 during 3rd grade 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.

UPCOMING THIRD GRADE SWIM DATES:

September 29-October 2

October 20-October 23

November 3-November 6

November 17-November 20

Thursday

TIME	ACTIVITY
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6:30-11:00am	Adult Swim
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11:00-1:00pm	Family Swim
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4:00-5:15pm	Adult/Parent Tot Swim
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5:15-7:00pm	CLOSED FOR SWIM LESSONS
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***Space limited from 12 to 1 during 3rd grade swim**

Friday

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

11:00-1:00pm	Family Swim
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4:00-6:30pm	Family Swim
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Saturday

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

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