



Henderson County Family YMCA

Lap Pool Schedule

January 5—February 28, 2026

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	Swim Lessons	5 & 6

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

Tuesday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
Water Fitness will occupy Ln 4-6 from 8-9am		
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

****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
Water Fitness will occupy Ln 4-6 from 8-9am		
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

****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:

- ♦ January 12 thru January 15
- ♦ February 9 thru February 12
- ♦ March 9 thru March 12
- ♦ March 30 thru April 2

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