Henderson County Family YMCA
Warm Pool Schedule
January 1—April 30, 2026

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

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

Monday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
Space limited from 7-8a & 9-10a for water fitness	
11:00-1:00pm	Family Swim
4:00-5:00pm	Adult/Parent Tot Swim
5:00-6:00pm	Water Fitness/Swim Lessons
6:00-7:00pm	Swim Lessons

*Space limited from 12 to 1 during 3rd grade swim

Tuesday

TIME	ACTIVITY
6:30-11:00am	Adult Swim
11:00-1:00pm	Family Swim
4:00-7:00pm	Adult/Parent Tot Swim

*Space limited from 12 to 1 during 3rd grade swim

Wednesday

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

*Space limited from 12 to 1 during 3rd grade 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	**CLOSED FOR SWIM LESSONS**

*Space limited from 12 to 1 during 3rd grade swim

Friday

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