



# Henderson County Family YMCA Lap Pool Schedule April 1st-30th

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	Lap Swim	1-3
4:00-7:00pm	Open/Family Swim	4-6

## Tuesday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
<i>Water Fitness will occupy Ln 4-6 from 8-9am</i>		
9:30-1:00pm	Lap Swim	1-3
9:30-1:00pm	Open/Family Swim	4-6
4:00-7:00pm	Lap Swim	1-3
4:00-7:00pm	Open/Family Swim	4-6

## 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	Lap Swim	1-3
4:00-7:00pm	Open/Family Swim	4-6

## Thursday

TIME	ACTIVITY	LANES
6:00-9:30am	Lap Swim	ALL
<i>Water Fitness will occupy Ln 4-6 from 8-9am</i>		
9:30-1:00pm	Lap Swim	1-3
9:30-1:00pm	Open/Family Swim	4-6
4:00-7:00pm	Lap Swim	1-3
4:00-7:00pm	Open/Family Swim	4-6

## 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	Lap Swim	1-3
4:00-6:30pm	Open/Family Swim	4-6

## 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
12:15-3:15pm	Lap Swim	1-3
12:15-3:15pm	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.

All Youth swimmers 12 and under must take and pass a swim test before swimming in the deep end of the lap pool.

Once the test is passed, green neck-bands can be picked up at the Welcome Center upon check in at the Y.

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