POOL SCHEDULE

LAP POOL

Updated Evening Swim Times Start Nov 9th!

NOVEMBER 9TH TO DECEMBER 20TH

Monday

Time	Activity
6:00-9:30 am	Lap Swim
9:30-1:00 pm	Family Swim/Lap Swim
4:00-5:45 pm	Swim Team HCHS
5:45-7:00 pm	YMCA swim team/Family Swim

Space may be limited from 12:00 to 1:00 on SAW days

Tuesday

Time	Activity
6:00-8:00 am	Lap Swim
8:00-9:00 am	Lap Swim/Water Fitness
9:00-1:00 pm	Family Swim/Lap Swim
4:00-5:45 pm	Swim Team HCHS
5:45-7:00 pm	YMCA swim team/Family Swim

Wednesday

Time	Activity
6:00am-9:30 am	Lap Swim
9:30-1:00 pm	Family Swim/Lap Swim
4:00-5:45 pm	Swim Team HCHS
5:45-7:00 pm	YMCA swim team/Family Swim

3rd Grade Swim (SAW) DATES FOR 2026

- **Sept 21 to 25: Niagra**
- **Sept 28 to Oct 1: AB Chandler**
- **Oct 26 to 29: Bend Gate**
- **Nov 8 to 12: Cairo**
- **Dec 7 to 11: South Heights**

Thursday

Time	Activity
6:00-9:30 am	Lap Swim
8:00-9:00 am	Lap Swim/Water Fitness
9:00-1:00 pm	Family Swim/Lap Swim
4:00-5:45 pm	Swim Team HCHS
5:45-7:00 pm	YMCA swim team/Family Swim

Friday

Time	Activity
6:00-9:30 am	Lap Swim
9:30-1:00 pm	Family Swim/Lap Swim
4:00-7:00 pm	Lap Swim
4:00-5:45 pm	Swim Team - HCHS
5:45-6:30 pm	Family Swim

Saturday

Time	Activity
9:15-3:00 pm	Lap Swim
9:15-3:00 pm	Family Swim

Sunday

Time	Activity
12:15-3:15 pm	Lap Swim
12:15-3:15 pm	Family Swim

HCHS Swim practice will switch to 4:00 - 5:45 pm practice on November 9th

Age Policy in the Pool:

A parent or guardian must be IN THE POOL with any child age 8 or younger who has not passed the swim test. If the 8 or younger swimmer passes the swim test, the parent must remain on the pool deck. A parent must remain ON DECK with any child age 9 or 10 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.

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