

Hickory Foundation YMCA

Pool Schedules

Fall 2023

(Effective September 5, 2023)

*Schedules subject to change



INDOOR POOL

LAP SWIM

*Private swim lessons will utilize a lap lane as needed.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00a-7:00a (3 Lanes)	5:00a-8:00a (3 Lanes)	5:00a-7:00a (3 Lanes)	5:00a-8:00a (3 Lanes)	5:00a-7:00a (3 Lanes)	8:00a-1:00p (2 Lanes)	
7:00a-10:00a (8 Lanes)	8:00a-10:00a (6 Lanes)	8:00a-10:00a (8 Lanes)	8:00a-10:00a (6 Lanes)	8:00a-10:00a (8 Lanes)		
10:00a-11:00a (1 Lane)	10:00a-11:00a (3 Lanes)	10:00a-11:00a (1 Lane)	10:00a-10:45a (4 Lanes)	10:00a-11:00a (2 Lanes)		
11:00a-1:00p (8 Lanes)	11:00a-1:00p (8 Lanes)	11:00a-1:00p (8 Lanes)	10:45a-1:00p (8 Lanes)	11:00a-1:00p (8 Lanes)		
1:00p-3:30p (6 Lanes)	1:00p-3:30p (6 Lanes)	1:00p-3:30p (6 Lanes)	1:00p-3:30p (6 Lanes)	1:00p-3:30p (6 Lanes)	1:00p-4:30p (5 Lanes)	1:00p-4:30p (5 Lanes)
3:30p-7:00p NO LANES	3:30p-5:30p NO LANES	3:30p-7:00p NO LANES	3:30p-5:30p NO LANES	3:30p-7:00p NO LANES		
7:00p-8:30p (4 Lanes)	5:30pm-7:30p (2 Lanes)	7:00p-8:30p (4 Lanes)	5:30pm-7:30p (2 Lanes)	7:00p-7:30p (8 Lanes)		
	7:30p-8:30p (8 Lanes)		7:30p-8:30p (8 Lanes)			

WATER EXERCISE

Shallow Water 10:00a-11:00a (7 Lanes)	Deep Water Jog 10:00a-11:00a (5 Lanes)	Aqua Blast 10:00a-11:00a (7 Lanes)	AquaZumba 10:00a-10:45a (4 Lanes)	Shallow Water 10:00a-11:00a (6 Lanes)		
	Shallow Water 6:00p-7:00p (4 Lanes)		Shallow Water 6:00p-7:00p (4 Lanes)			

OPEN SWIM

1:00p-3:30p (2 Lanes)	1:00p-3:30p (2 Lanes)	1:00p-3:30p (2 Lanes)	1:00p-3:30p (2 Lanes)	1:00p-3:30p (2 Lanes)	1:00p-4:30p (3 Lanes)	1:00p-4:30p (3 Lanes)
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Pool Rules

- Shower before entering the pool.
- Do not enter the pool if you have a skin or communicable disease.
- No running, pushing, horseplay, or foul language.
- Proper swim suit required (no cut-offs, sports bras, gym shorts, etc.).
- Only USCG approved personal floatation devices are allowed in pool.
- Hanging on the lane lines, ladders, and starting blocks is not permitted.
- Running on the pool deck, in the hallways, or locker rooms is not permitted.
- All swimmers age 16 and under must pass swim test to swim in deep end.
- No diving in the shallow end.
- Breath-holding activities are not permitted in Y pools.