

# Hickory Foundation YMCA

## Pool Schedules

### Summer 2024



\*Schedules subject to change

OUTDOOR POOL						
OPEN SWIM						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1:00p-8:00p	1:00p-8:00p	1:00p-8:00p	1:00p-8:00p	1:00p-7:30p	1:00p-6:00p	1:00p-6:00p
LAP SWIM						
1:00p-4:00p (1 Lane)	1:00p-4:00p (1 Lane)	1:00p-8:00p (1 Lane)	1:00p-4:00p (1 Lane)	1:00p-7:30p (1 Lane)	1:00p-6:00p (1 Lane)	1:00p-6:00p (1 Lane)
5:30p-8:00p (1 Lane)	5:30p-8:00p (1 Lane)		5:30p-8:00p (1 Lane)			
WATER EXERCISE						
	Shallow Water Exercise 6:00p-7:00p		Shallow Water Exercise 6:00p-7:00p	Shallow Water Exercise 9:00a-10:00a		
INDOOR POOL						
LAP SWIM						
*Private swim lessons will utilize a lap lane as needed. **Lap swim is available Fri 4:00pm-7:30pm unless there are makeup swim lessons.						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00a-9:00a (8 Lanes)	5:00a-8:00a (8 Lanes)	5:00a-9:00a (8 Lanes)	5:00a-8:00a (8 Lanes)	5:00a-4:00p (8 Lanes)	8:00a-4:30p (8 Lanes)	1:00p-4:30p (8 Lanes)
9:00a-10:00a (5 Lanes)	8:00a-10:00a (5 Lanes)	9:00a-10:00a (5 Lanes)	8:00a-10:00a (5 Lanes)	4:00p-7:30p (8 Lanes)**		
10:00a-11:00a (1 Lane)	10:00a-11:00a (4 Lanes)	10:00a-11:00a (1 Lane)	10:00a-11:00a (3 Lanes)			
11:00a-4:30p (8 Lanes)	11:00a-4:30p (8 Lanes)	11:00a-4:30p (8 Lanes)	11:00a-4:30p (8 Lanes)			
4:30p-8:30p (2 Lanes)	4:30p-8:30p (2 Lanes)	4:30p-8:30p (2 Lanes)	4:30p-8:30p (2 Lanes)			
WATER EXERCISE						
Shallow Water Exercise 10:00a-11:00a (7 Lanes)	Deep Water Jog 10:00a-11:00a (4 Lanes)	Aqua Blast 10:00a-11:00a (7 Lanes)	Aqua Zumba 10:00a-11:00a (5 Lanes)			

#### YSST Swim Team

Contact: [ysst@ymcacv.org](mailto:ysst@ymcacv.org)

Practice Schedule:

- Mon-Thu | 7:00a-10:00a
- Tue/Thu | 4:00p-5:30p
- Fri | 7:00a-9:00a
- Sat | 8:00a-10:00a

#### Masters Swim Team

Contact: [ysst@ymcacv.org](mailto:ysst@ymcacv.org)

Practices Schedule: (Outdoor Pool)

- Mon-Fri | 5:30a-7:00a
- Sat | 6:30a-8:00a

#### Summer 2024 Swim Meets

The Hickory Foundation YMCA will host a swim meet on the following dates:

- June 14-16 - 17th Annual Bob Pratt Invitational
- July 5-7 - YMCA Supper SE Regional Long Course Championships

The Outdoor Pool & Toddler Park will be closed. The Indoor Pool will be open with limited space available.