

Indoor Pool Schedule Fall 2021



LAP SWIM						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00a-9:00a	5:00a-10:00a	5:00a-9:00a	5:00a-10:00a	5:00a-9:00a		
10:00a-3:00p	10:00a-3:00p	10:00a-3:00p	10:00a-3:00p	10:00a-3:00p	12:00p-5:00p	1:00-5:00p
	6:00p-7:00p		6:00p-7:00p			

WATER EXERCISE				
Mon	Tue	Wed	Thu	Fri
10:00a-11:00a	11:30a-12:00p 6:00p-7:00p	10:00a-11:00a	11:30a-12:00p 6:00p-7:00p	10:00a-11:00a

OPEN SWIM						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1:00p-3:00p	1:00p-3:00p	1:00p-3:00p	1:00p-3:00p	1:00p-3:00p	12:00p-5:00p	1:00-5:00p

IMPORTANT INFORMATION

- Reservations must be made via Appointment King on our website
- Upon entry you may be asked to wait until the lifeguard assigns you a lane before entering the pool area.
- A plastic chair will be at the end of the lane for you to put your belongings on.
- Swimmers are encouraged to arrive in their suit and leave in their suit.
- Reservations may not be made more than 48 hours in advance.
- Reservations will be offered on the top of the hour and swimmers will be limited to 55 minutes per swim.

**Rachel Heck | Aquatics Director | rachelh@ymcacv.org
Hickory Foundation YMCA | 701 1st Street NW | 828.324.2858 | www.ymcacv.org**

Pool Information



Hickory Foundation YMCA Pool Rules

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

YSST Swim Team

Contact: Jon Jolley | jonj@ymcacv.org

The Hickory YSST Swim Team practices daily Monday-Friday

- M/W/F: 3:30p-7:00p
- T/Th: 3:30p-5:30p

Masters Swim Team

Contact: Rob Scott | swim4rob@gmail.com

The Masters Swim Team practices daily Monday-Saturday.

- M/W/F: 5:30a-6:45p
- T/Th: 6:00a - 6:45a | 8:00a - 8:45a
- Sat: 6:30a-8:00a

Fall Swim Lessons

The Hickory Foundation YMCA holds swim lessons on Tuesday and Thursday evenings and Saturday mornings.

Ages 6months - 12 years and all levels are welcome.

Registration is open through October 10! Visit the front desk or email Swim Lesson Coordinator Sarah Hilton at SarahH@ymcacv.org today!

All dates, times, and lane availability subject to change without notice.