

Outdoor Pool Schedule Summer 2021



LAP SWIM						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1:00p-4:00p	1:00p-4:00p	1:00p-8:00p	1:00p-4:00p	1:00p-8:00p	11:00a-8:00p	1:00p-7:00p
4:00p-8:00p	4:00p-8:00p		4:00p-8:00p			

WATER EXERCISE				
Mon	Tue	Wed	Thu	Fri
				9:00a-10:00a

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-8:00p	11:00a-8:00p	1:00-7:00p

NEW THIS YEAR

Toddler Park Opening Early Monday - Friday

11:00a-1:00p | Reservation Only | Families with Children 7 and under

*Reservations can be made on our website under 'Reserve your Y Space'

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

Summer Swim Lessons

The Hickory Foundation YMCA holds swim lessons Monday - Thursday evenings. Ages 6months - 12 years and all levels are welcome. Registration is ongoing for all Summer Sessions

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