

# Indoor Pool Schedule WINTER 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	8:00a-2:00p	1:00-5:00p
	6:00p-7:00p		6:00p-7:00p			

WATER EXERCISE				
Mon	Tue	Wed	Thu	Fri
10:00a-10:45a	6:00p-6:45p	10:00a-10:45a	6:00p-6:45p	10:00a-10:45a

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-2:00p	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](mailto:rachelh@ymcacv.org)  
Hickory Foundation YMCA | 701 1st Street NW | 828.324.2858 | [www.ymcacv.org](http://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](mailto: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](mailto: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

## Winter 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 February 16th. Visit the front desk for more information today!

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