

Hickory Foundation YMCA

Pool Schedules

Fall/Winter 2022/2023

*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)	
	8:00a-9:00a (4 Lanes)		8:00a-9:00a (4 Lanes)			
7:00a-10:00a (8 Lanes)	9:00a-10:00a (8 Lanes)	7:00a-10:00a (8 Lanes)	9:00a-10:00a (8 Lanes)	7:00a-10:00a (8 Lanes)		
10:00a-11:00a (2 Lanes)	10:00a-11:00a (3 Lanes)	10:00a-11:00a (2 Lanes)	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-3:00p (6 Lanes)	1:00p-3:00p (6 Lanes)	1:00p-3:00p (6 Lanes)	1:00p-3:00p (6 Lanes)	1:00p-3:00p (6 Lanes)	1:00p-4:30p (5 Lanes)	1:00p-4:30p (5 Lanes)
	6:30pm-7:30p (2 Lanes)		6:30pm-7:30p (2 Lanes)			
7:00p-8:00p (4 Lanes)	7:30p-8:30p (8 Lanes)	7:30p-8:30p (8 Lanes)	7:30p-8:30p (8 Lanes)	7:00p-7:30p (8 Lanes)		

WATER EXERCISE

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

OPEN SWIM

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

Monday thru Thursday - 5:00a-8:30p

Friday - 5:00a-7:30p

Saturday - 8:00a-4:30p

Sunday - 1:00-4:30p

Ryan Pegarsch | Aquatics Director | ryanp@ymcacv.org
Hickory Foundation YMCA | 701 1st Street NW | 828.324.2858

Hickory Foundation YMCA

Pool Information

Fall/Winter 2022/2023



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.

Winter 2022/2023 Swim Meets

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

- November 11-12
- February 11-12

The Indoor Pool, sauna and whirlpool will be closed.

2022/2023 HS Swim Meets

- HS Swim Meet Schedule to be released at a later date.

The Indoor Pool will be closed, sauna and whirlpool will be open to members only.

YSST Swim Team

Contact: Jon Jolley | jonj@ymcacv.org

The Hickory YSST Swim Team practices daily Monday-Friday

- Mon/Wed/Fri | 3:30p-7:00p
- Tue/Thu | 5:30a-6:30a | 3:30p-5:30p
- Sat | 8:00a-10:00a

Masters Swim Team

Contact: Rob Scott | swim4rob@gmail.com

The Masters Swim Team practices daily Monday-Saturday.

- Mon-Fri | 5:30a-7:00a
- Tue/Thu | 6:30a-7:30a | 8:00a-9:00a
- Sat | 6:30a-8:00a