

# 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<br>(1 Lane)   | 1:00p-4:00p<br>(1 Lane)                      | 1:00p-8:00p<br>(1 Lane)                  | 1:00p-4:00p<br>(1 Lane)                  | 1:00p-7:30p<br>(1 Lane)                | 1:00p-6:00p<br>(1 Lane)  | 1:00p-6:00p<br>(1 Lane)  |
| 5:30p-8:00p<br>(1 Lane)   | 5:30p-8:00p<br>(1 Lane)                      |  | 5:30p-8:00p<br>(1 Lane)                  |  |                          |                          |
| WATER EXERCISE  |  |  |  |  |                          |                          |
|   | Shallow Water Exercise<br>6:00p-7:00p        |  | Shallow Water Exercise<br>6:00p-7:00p    | Shallow Water Exercise<br>9:00a-10:00a |                          |                          |
| INDOOR POOL   |  |  |  |  |                          |                          |
| LAP SWIM  |  |  |  |  |                          |                          |
| *Private swim lessons will utilize a lap lane as needed.<br>**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<br>(8 Lanes)  | 5:00a-9:00a<br>(8 Lanes)                     | 5:00a-9:00a<br>(8 Lanes)                 | 5:00a-9:00a<br>(8 Lanes)                 | 5:00a-4:00p<br>(8 Lanes)               | 8:00a-4:30p<br>(8 Lanes) | 1:00p-4:30p<br>(8 Lanes) |
| 9:00a-10:00a<br>(5 Lanes)   | 9:00a-10:00a<br>(5 Lanes)                    | 9:00a-10:00a<br>(5 Lanes)                | 9:00a-10:00a<br>(5 Lanes)                | 4:00p-7:30p<br>(8 Lanes)**             |                          |                          |
| 10:00a-11:00a<br>(1 Lane)   | 10:00a-11:00a<br>(4 Lanes)                   | 10:00a-11:00a<br>(1 Lane)                | 10:00a-11:00a<br>(3 Lanes)               |  |                          |                          |
| 11:00a-4:30p<br>(8 Lanes)   | 11:00a-4:30p<br>(8 Lanes)                    | 11:00a-4:30p<br>(8 Lanes)                | 11:00a-4:30p<br>(8 Lanes)                |  |                          |                          |
| 4:30p-8:30p<br>(2 Lanes)  | 4:30p-8:30p<br>(2 Lanes)                     | 4:30p-8:30p<br>(2 Lanes)                 | 4:30p-8:30p<br>(2 Lanes)                 |  |                          |                          |
| WATER EXERCISE  |  |  |  |  |                          |                          |
| Shallow Water Exercise<br>10:00a-11:00a<br>(7 Lanes)  | Deep Water Jog<br>10:00a-11:00a<br>(4 Lanes) | Aqua Blast<br>10:00a-11:00a<br>(7 Lanes) | Aqua Zumba<br>10:00a-11:00a<br>(5 Lanes) |  |                          |                          |

#### YSST Swim Team

Contact: Jon Jolley | [jonj@ymcacv.org](mailto:jonj@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: Jon Jolley | [jonj@ymcacv.org](mailto:jonj@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.