

# Hickory Foundation YMCA

## Pool Schedules

### Summer 2025



\*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-3:00p (1 Lane)	1:00p-8:00p (1 Lane)	1:00p-3:00p (1 Lane)	1:00p-8:00p (1 Lane)	1:00p-3:00p (1 Lane)	1:00p-6:00p (1 Lane)	1:00p-6:00p (1 Lane)
5:30p-8:00p (1 Lane)		5:30p-8:00p (1 Lane)		5:30p-7:30p (1 Lane)		

### WATER EXERCISE

	Shallow Water Exercise 6:00p-7:00p		Shallow Water Exercise 6:00p-7:00p	Shallow Water Exercise 9:00a-10:00a		
--	--	--	--	---	--	--

## INDOOR POOL

### LAP SWIM

\*Private swim lessons will utilize a lap lane as needed.

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

### WATER EXERCISE

Shallow Water Exercise 10:00a-11:00a (7 Lanes)	Deep Water Jog 10:00a-11:00a (4 Lanes)	Aqua Blast 10:00a-11:00a (7 Lanes)	Aqua Zumba 10:00a-11:00a (5 Lanes)			
---	--	--	--	--	--	--

### YSST Swim Team

Contact: Nic Eriksson | nice@ymcacv.org

Practice Schedule:

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

### Masters Swim Team

Contact: Nic Erikson | Nice@ymcacv.org

Practices Schedule: (Outdoor Pool)

- Mon-Fri | 5:30a-7:00a
- Sat | 6:30a-8:00a

### Summer 2025 Swim Meets

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

- June 13-15 - 18<sup>th</sup> Annual Bob Pratt Invitational
- July 11-13 - YSST

The Outdoor Pool & Toddler Park will be closed. The Indoor Pool will be open with limited space available.