

# Hickory Foundation YMCA

## Pool Schedules

### Summer 2025



\*Schedules subject to change — Updated 7/25/25

## 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 (1 Lane)	1:00p-4:00p (1 Lane)	1:00p-8:00p (1 Lane)	1:00p-4:00p (1 Lane)	1:00p-7:30p (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		
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## 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 (3 Lanes)	9:00a-10:00a (5 Lanes)	9:00a-10:00a (3 Lanes)	9:00a-10:00a (5 Lanes)	9:00a-10:00a (7 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 9:00a-9:45a (5 Lanes)	Deep Water Jog 10:00a-11:00a (4 Lanes)	Aqua Blast 9:00a-9:45a (5 Lanes)	Aqua Zumba 10:00a-11:00a (5 Lanes)			
Shallow Water Exercise 10:00a-11:00a (7 Lanes)		Aqua Blast 10:00a-11:00a (7 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 Eriksson | nice@ymcacv.org

Practice Schedule: (Outdoor Pool)

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