

Hickory Foundation YMCA Pool Schedule

Fall 2025 (Effective October 8, 2025)

**Schedule 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-10:00a (2 Lanes)	
7:00a-10:00a (8 Lanes)	8:00a-9:00a (6 Lanes)	7:00a-10:00a (5 Lanes)	8:00a-10:00a (6 Lanes)	7:00a-10:00a (8 Lanes)	10:00a-12:30p (4 Lanes)	
10:00a-11:00a (1 Lane)	9:00a-11:00a (3 Lanes)	10:00a-11:00a (1 Lane)	10:00a-10:45a (3 Lanes)	10:00a-11:00a (1 Lanes)	12:30p-1:00p (8 Lanes)	
11:00a-12:00p (3 Lanes)	11:00a-1:00p (8 Lanes)	11:00a-12:00p (3 Lanes)	10:45a-1:00p (8 Lanes)	11:00a-1:00p (8 Lanes)		
12:00p-1:00p (8 Lanes)		12:00p-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)
3:00-3:30p (4 Lanes)	3:00-3:30p (4 Lanes)	3:00-3:30p (6 Lanes)	3:00-3:30p (4 Lanes)	3:00-3:30p (4 Lanes)		
3:30p-7:00p NO LANES	3:30p-5:30p NO LANES	3:30p-7:00p NO LANES	3:30p-5:30p NO LANES	3:30p-7:00p NO LANES		
7:00p-8:00p (2 Lanes)	5:30pm-6:00p (4 Lanes)	7:00p-8:00p (3 Lanes)	5:30p-6:00p (2 Lanes)	7:00p-7:30p (8 Lanes)		
8:00p-8:30p (8 Lanes)	6:00p-6:30p NO LANES	8:00p-8:30p (7 Lanes)	6:00p-7:30p NO LANES			
	6:30p-7:00p (2 Lanes)		7:00p-7:30p (2 Lanes)			
	7:00p-7:30p (5 Lanes)		7:30p-8:00p (3 Lanes)			
	7:30p-8:30p (7 Lanes)		8:00p-8:30p (7 Lanes)			

WATER EXERCISE

	Aqua Zumba 9:00a-10:00a (5 lanes)					
Shallow Water 10:00a-11:00a (7 Lanes)	Deep Water Jog 10:00a-11:00a (5 Lanes)	Aqua Blast 10:00a-11:00a (7 Lanes)	Aqua Zumba 10:00a-10:45a (5 Lanes)	Shallow Water 10:00a-11:00a (7 Lanes)		
	Shallow Water 6:00p-7:00p (3 Lanes)		Shallow Water 6:00p-7:00p (3 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)
	7:00p-8:30p (1 Lane)	7:00p-8:30p (1 Lane)	7:30p-8:30p (1 Lane)			

YSST Swim Team

Contact: Nic Eriksson | nice@ymcacv.org

Practice Schedule:

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

Masters Swim Team

Contact: Nic Eriksson | nice@ymcacv.org

Practice Schedule:

- Mon/Wed/Fri | 5:30a-7:00a
- Tues/Thurs | 6:30a-7:30a
- Sat | 6:45a-8:00a

Water Exercise Classes

Shallow Water Exercise: designed to increase heart rate and condition the whole body. Combines cardiovascular and muscular endurance, strength, and core work utilizing both the shallow and deep end of the pool

Deep Water Jog: a zero impact, moderate intensity class in the deep end of the pool.

Aqua Blast: designed to increase heart rate, build endurance, strength train, and tone the whole body. A high energy class including interval training at a rapid pace.

Aqua Zumba: blends Zumba with water resistance. Less impact on the joints with natural resistance from the water helping to tone muscle in a fun class.

Navy Warrior Program

Wednesdays 7:00a-10:00a

High School Swim Teams

University Christian High School:

Practice Schedule: Mon/Wed 7:00p-8:00p | Tues 5:30p-6:30p | Thurs 5:30p-7:00p

Fred T. Foard High School:

Practice Schedule: Mon/Thurs 7:00p-8:00p | Tues 6:00p-7:00p | Wed 3:00p-4:00p

Hickory High School:

Practice Schedule: Mon/Wed 7:00p-8:00p | Tues 5:30p-6:30p | Thurs 5:30p-7:00p

Maiden High School:

Practice Schedule: Mon/Wed/Thurs 7:00p-8:00p

Pool Rules

- No glassware.
- No chewing gum in pool.
- Absolutely no diving allowed in 3-5ft area.
- Children under 10 must be accompanied by an adult.
- Do not enter the pool if you have a skin or communicable disease.
- No running, pushing, horseplay, or foul language.
- Non-swimmers must stay in shallow water (before the black line).
- Proper swim suit required (no cut-offs, sports bras, gym shorts, etc.).
- Only USCG approved personal flotation devices or noodles are allowed in the pool.
- Do not hang on the lane lines.
- Elevated dive blocks are for competitive swimming use only.
- All swimmers under the age of 16 must pass the swim test to be in the deep end of the pool.
- Enter and exit through the locker rooms.
- Shower before entering the pool.
- Breath-holding activities are not permitted in YMCA pools.
- Respect aquatics staff, they are here for your safety.

Gracie Fulcher | Aquatics Director | gracief@ymcacv.org
Hickory Foundation YMCA | 701 1st Street NW | 828-838-1296