

AMENITIES SHEET



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

		ADRIAN L. SHUFORD JR. YMCA	HICKORY FOUNDATION YMCA	LINCOLN COUNTY FAMILY YMCA	PHIFER FAMILY YMCA	SALLY'S YMCA
Facility Amenities	Cardiovascular Equipment	*	*	*	*	*
	Free Weights	*	*	*	*	*
	Group Exercise Room	*	*	*	*	*
	Gymnasium	*	*	*		*
	Indoor Swimming Pool	*	*	*	*	
	Indoor Walking Track		*	*		
	Locker Room Facilities	*	*	*	*	*
	Outdoor Swimming Pool		*			*
	Outdoor Splash Pad	*		*		
	Outdoor Toddler Water Features		*			*
	Outdoor Trails					*
	Pickleball	*	*	*		*
	Racquetball Courts	*			*	
	Sauna	*	*		*	
	Steam Room	*			*	
	Tennis Courts		*			
	Whirlpool	*	*		*	

Services	24/7 Access	*			*	*
	Childwatch / YKids	*	*	*	*	*
	Coaching Connection	*	*	*	*	*
	Financial Assistance	*	*	*	*	*
	YMCA360 App	*	*	*	*	*

Programs	hYbrid Function Fitness				*	
	Personal Training	*	*	*	*	*
	Senior Programs	*	*	*	*	*
	Sports Programs	*	*	*		*
	Summer Day Camp	*	*	*		*
	Swimming Lessons	*	*	*	*	*
	Swim Team	*	*	*		*
	Teen Programming		*			

Community Partner Memberships	Ambetter	*	*	*	*	*
	Corporate Memberships	*	*	*	*	*
	OnePass / Renew Active / Aaptiv	*	*	*	*	*
	Silver Sneakers	*	*		*	
	Silver & Fit	*	*	*	*	*
	Work Place Wellness	*	*	*	*	*

The YMCA of Catawba Valley welcomes you to our community, providing wellness and fitness programs for all!

ADRIAN L. SHUFORD, JR. YMCA*
1104 Conover Blvd E | Conover NC 28613
828-464-6130
Monday-Thursday: 5:00 am - 9:00 pm
Friday: 5:00 am - 8:00 pm
Saturday: 8:00 am - 5:00 pm
Sunday: 1:00 pm - 5:00 pm

HICKORY FOUNDATION YMCA
701 1st St NW | Hickory NC 28601
828-324-2858
Monday-Thursday: 5:00 am - 9:00 pm
Friday: 5:00 am - 8:00 pm
Saturday: 8:00 am - 5:00 pm
Sunday: 1:00 pm - 5:00 pm

LINCOLN COUNTY FAMILY YMCA
1402 E Gaston St | Lincolnton NC 28092
828-838-1890
Monday-Friday: 5:00 am - 8:00 pm
Saturday: 7:30 am - 3:00 pm
Sunday: Closed

PHIFER FAMILY YMCA*
2165 S Sterling St | Morganton NC 28655
828-679-2500
Monday-Friday: 5:30 am - 8:00 pm
Saturday: 8:00 am - 2:00 pm
Sunday: Closed

SALLY'S YMCA*
1601 Forney Creek Pkwy | Denver NC 28037
828-838-1920
Monday-Friday: 5:00 am - 8:00 pm
Saturday: 7:30 am - 4:00 pm
Sunday: Closed

*Location offers 24/7 wellness access for an additional fee.
Notice: Indoor pool areas close 30 minutes prior to close.