

Hickory Foundation YMCA

July Indoor Pool Schedule 7/1/26-7/31/26

*schedule subject to change *a lap lane may be utilized for private swim lessons or trainings at any time



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

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday	
5:00am	Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		<u>CLOSED</u>	<u>CLOSED</u>	
5:30am													
6:00am													
6:30am													
7:00am													
7:30am													
8:00am													
8:30am			Lap Swim (5 Lanes)	Masters Swim (3 Lanes)	NAVY (3 Lanes)	Lap Swim (5 Lanes)	Masters Swim (3 Lanes)						
9:00am	Lap Swim (4 Lanes)	YSST (4 Lanes)	Water Exercise (5 Lanes)	Lap Swim (3 Lanes)		Lap (1)	YSST (4)	Lap Swim (4 Lanes)	YSST (4 Lanes)				
9:30am	Water Exercise (7 Lanes)	Lap (1)				Water Exercise (7 Lanes)	Lap (1)	Water Exercise (5 Lanes)	Lap (3)				
10:00am													
10:30am													
11:00am	Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		
11:30am													
12:00pm													
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3:00pm											Lap Swim (8 Lanes)		
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7:00pm	Swim Lessons (7 Lanes)		Swim Lessons (7 Lanes)		Swim Lessons (7 Lanes)		Swim Lessons (7 Lanes)		Swim Lessons (7 Lanes)		<u>CLOSED AT 4:30PM</u>	<u>CLOSED AT 4:30PM</u>	
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*Outdoor Pool Schedule Available

*Lane sharing is often required

Indoor pool closed July 24th-26th for YSST Swim Meet