

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@ymcav.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)	CLOSED	CLOSED
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am	Lap Swim (4 Lanes)	YSST (4 Lanes)	Lap (1) YSST (4)	Lap Swim (4 Lanes)	YSST (4 Lanes)	Lap Swim (4 Lanes)	YSST (4 Lanes)
9:30am	Water Exercise (7 Lanes)	Lap (1)		Water Exercise (7 Lanes)	Lap (1)		
10:00am	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm	Swim Lessons (7 Lanes)	Swim Lessons (7 Lanes)	Swim Lessons (7 Lanes)	Swim Lessons (8 Lanes)	Swim Lessons (7 Lanes)	CLOSED AT 4:30PM	CLOSED AT 4:30PM
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm	Lap Swim (1 Lane)	Lap Swim (1 Lane)	Lap Swim (1 Lane)	Lap Swim (1 Lane)	Lap Swim (1 Lane)	CLOSED AT 7:30PM	
6:30pm							
7:00pm	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	Lap Swim (8 Lanes)	CLOSED AT 8:30PM		
7:30pm							
8:00pm	CLOSED AT 8:30PM	CLOSED AT 8:30PM	CLOSED AT 8:30PM	CLOSED AT 8:30PM			
8:30pm							

*Outdoor Pool Schedule Available

*Lane sharing is often required

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