

Hickory Foundation YMCA

August Indoor Pool Schedule 8/24/26 - 8/31/26

*schedule subject to change



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

Contact: Grace Palmer Aquatics Director graders@hickory.org Hickory Foundation FICA 701 1st Street NW 626 656 1250	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														
9:00am														
9:30am														
10:00am	Water Exercise (7 Lanes)	Lap (1)	Water Exercise (5 Lanes)	Lap (3)	Water Exercise (7 Lanes)	Lap (1)	Water Exercise (5 Lanes)	Lap (3)	Lap Swim (8 Lanes)		Lap Swim (8 Lanes)			
10:30am														
11:00am	Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)							
11:30am														
12:00pm														
12:30pm														
1:00pm														
1:30pm														
2:00pm														
2:30pm														
3:00pm														
3:30pm	YSST (4 Lanes)	Lap Swim (4 Lanes)	YSST (7 Lanes)	Lap (1)	YSST (4 Lanes)	Lap Swim (4 Lanes)	YSST (4 Lanes)	Lap Swim (4 Lanes)	YSST (4 Lanes)	Lap Swim (4 Lanes)	<u>CLOSED AT 4:30PM</u>	<u>CLOSED AT 4:30PM</u>		
4:00pm														
4:30pm	YSST (7 Lanes)	Lap (1)			YSST (7 Lanes)	Lap (1)			YSST (7 Lanes)	Lap (1)				
5:00pm	YSST (8 Lanes)		YSST (6 Lanes)	Lap (2)	YSST (8 Lanes)		YSST (7 Lanes)		Lap (1)	YSST (8 Lanes)				
5:30pm			YSST (2)	Lap Swim (6 Lanes)					YSST (4 Lanes)				Lap Swim (4 Lanes)	
6:00pm			Lap Swim (8 Lanes)				Lap Swim (8 Lanes)		Lap Swim (8 Lanes)					
6:30pm	YSST (6 Lanes)	Lap (2)			YSST (3)	Lap Swim (5 Lanes)							YSST (6 Lanes)	Lap (2)
7:00pm	Lap Swim (8 Lanes)				Lap Swim (8 Lanes)								Lap Swim (8 Lanes)	
7:30pm														
8:00pm														
8:30pm	<u>CLOSED AT 8:30PM</u>		<u>CLOSED AT 8:30PM</u>		<u>CLOSED AT 8:30PM</u>		<u>CLOSED AT 8:30PM</u>		<u>CLOSED AT 7:30PM</u>					

***Lap lanes may be utilized for Private Swim Lessons or Training at ANY TIME**

*Lane sharing is often required

*Outdoor pool schedule available

MEMORIAL DAY HOURS: 5:00am - 2:30pm