

Hickory Foundation YMCA

September Indoor Pool Schedule 9/1/26 - 9/30/26

*schedule subject to change



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 (3 Lanes)	Masters Swim (5 Lanes)	Lap Swim (3 Lanes)	Masters Swim (5 Lanes)	Lap Swim (3 Lanes)	Masters Swim (5 Lanes)	Lap Swim (3 Lanes)	Masters Swim (5 Lanes)	Lap Swim (3 Lanes)	Masters Swim (5 Lanes)	CLOSED											
5:30am																						
6:00am																						
6:30am	Lap Swim (8 Lanes)		Lap Swim (5 Lanes)	Masters Swim (3 Lanes)	Lap Swim (5 Lanes)	NAVY (3 Lanes)	Lap Swim (5 Lanes)	Masters Swim (3 Lanes)	Lap Swim (8 Lanes)		Lap Swim (8 Lanes)	CLOSED										
7:00am																						
7:30am																						
8:00am																						
8:30am																						
9:00am																						
9:30am	Water Exercise (5 Lanes)		Lap (3)	Lap Swim (8 Lanes)																		
10:00am	Water Exercise (7 Lanes)	Lap (1)																				
10:30am			Water Exercise (7 Lanes)		Lap (1)	Water Exercise (5 Lanes)		Lap (3)	Water Exercise (5 Lanes)				Lap (3)									
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																						
12:30pm																						
1:00pm																						
1:30pm																						
2:00pm	Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)		Lap Swim (8 Lanes)			Lap Swim (8 Lanes)										
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)
4:00pm																						
4:30pm													YSST (7 Lanes)		Lap (1)	YSST (7 Lanes)		Lap (1)	YSST (7 Lanes)		Lap (1)	YSST (7 Lanes)
5:00pm	YSST (8 Lanes)		YSST (6 Lanes)		Lap (2)	YSST (8 Lanes)		Lap (1)	YSST (8 Lanes)													
5:30pm			YSST (2)	Lap Swim (3 Lanes)							Lessons (3 Lanes)	YSST (4 Lanes)	Lap Swim (1)	Lessons (3 Lanes)								
6:00pm					Lap Swim (3 Lanes)			Water Fitness (2)														
6:30pm	YSST (6 Lanes)		Lap (2)	YSST (6 Lanes)		Lap (2)	YSST (3 Lanes)		Water Fitness (2)	Lessons (3 Lanes)	YSST (6 Lanes)		Lap (2)									
7:00pm	Lap Swim (8 Lanes)			Lap Swim (8 Lanes)			Lap Swim (8 Lanes)				Lap Swim (8 Lanes)			Lap Swim (8 Lanes)								
7:30pm			CLOSED AT 7:30PM																			
8:00pm																						
8:30pm	CLOSED AT 8:30PM		CLOSED AT 8:30PM		CLOSED AT 8:30PM		CLOSED AT 8:30PM															

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

*Lane sharing is often required

MEMORIAL DAY HOURS: September 7th 5:00am - 2:30pm