

Hickory Foundation YMCA

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

*schedule subject to change



Contact: Gracie Fulcher | Aquatics Director | gracief@ymcavc.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														
7:00am	Lap Swim (8 Lanes)		Lap Swim (3 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 (6 Lanes) Open Swim (2 Lanes)				
7:30am														
8:00am														
8:30am														
9:00am	Water Exercise (5 Lanes)		Lap (3)	Water Exercise (7 Lanes)	Lap (1)	Water Exercise (5 Lanes)	Lap (3)	Water Exercise (5 Lanes)	Lap (3)	Lap Swim (5 Lanes) Family Swim (3 Lanes)				
9:30am														
10:00am														
10:30am														
11:00am	Lap Swim (6 Lanes)		Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (5 Lanes) Lap Swim (6 Lanes)				
11:30am														
12:00pm														
12:30pm														
1:00pm														
1:30pm														
2:00pm														
2:30pm														
3:00pm	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)	CLOSED AT 4:30PM				
4:00pm														
4:30pm														
5:00pm														
5:30pm	YSST (8 Lanes)		YSST (2)	Lap Swim (3 Lanes)	Lessons (3 Lanes)	YSST (8 Lanes)	YSST (4 Lanes)	Lap Swim (1)	Water Fitness (2)	Lessons (3 Lanes)	CLOSED AT 4:30PM			
6:00pm														
6:30pm														
7:00pm														
7:30pm	Lap Swim (6 Lanes)		Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	CLOSED AT 7:30PM						
8:00pm														
8:30pm														
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

Open Swim Hours - Monday-Thursday: 11am-3:30pm & 7-8:30pm, Friday: 11am-3:30pm & 7-7:30pm, Saturday: 8am-1pm

No Lap Lanes Available: Monday/Wednesday/Friday 5-6:30pm, Thursday 6-7pm