

Hickory Foundation YMCA

November Indoor Pool Schedule 11/1/26 - 11/30/26

*schedule subject to change



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	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)	<u>CLOSED</u>					
5:30am																
6:00am	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 (6 Lanes)			Open Swim (2 Lanes)			
6:30am																
7:00am																
7:30am																
8:00am																
8:30am	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)	Lap Swim (6 Lanes)		Open Swim (2 Lanes)		
9:00am																
9:30am	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)		YSST (4 Lanes)			Lap Swim (4 Lanes)		YSST (4 Lanes)	Lap (1)
10:00am																
10:30am	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)		YSST (4 Lanes)			Lap (1)		YSST (7 Lanes)	Lap (2)
11:00am																
11:30am	Lap Swim (3 Lanes)	UCHS (3)	YSST (7 Lanes)	Lap (1)	Lap Swim (3 Lanes)	UCHS (3)	YSST (4 Lanes)	Lap (1)		YSST (4 Lanes)			Lap (1)		YSST (7 Lanes)	Lap (2)
12:00pm																
12:30pm	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	YSST (4 Lanes)	Lap (1)				
1:00pm																
1:30pm	Lap Swim (3 Lanes)	UCHS (3)	YSST (7 Lanes)	Lap (1)	Lap Swim (3 Lanes)	UCHS (3)	YSST (4 Lanes)	Lap (1)	YSST (4 Lanes)	Lap (1)	YSST (7 Lanes)	Lap (2)				
2:00pm																
2:30pm	Lap Swim (3 Lanes)	UCHS (3)	YSST (7 Lanes)	Lap (1)	Lap Swim (3 Lanes)	UCHS (3)	YSST (4 Lanes)	Lap (1)	YSST (4 Lanes)	Lap (1)	YSST (7 Lanes)	Lap (2)				
3:00pm																
3:30pm	YSST (4 Lanes)	Lap Swim (2 Lanes)	YSST (7 Lanes)	Lap Swim (1)	YSST (4 Lanes)	Lap Swim (2 Lanes)	YSST (4 Lanes)	Lap Swim (2 Lanes)	YSST (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (5 Lanes)	Family Swim (3 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)		
4:00pm																
4:30pm	YSST (7 Lanes)	Lap (1)	YSST (6 Lanes)	Lap (2)	YSST (7 Lanes)	Lap (1)	YSST (7 Lanes)	Lap (1)	YSST (7 Lanes)	Lap (1)	Lap Swim (5 Lanes)	Family Swim (3 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)		
5:00pm																
5:30pm	YSST (8 Lanes)		YSST (2)	HHS (2)	Lessons (4 Lanes)		YSST (4)	Lessons (4 Lanes)	YSST (8 Lanes)		Lap Swim (5 Lanes)	Family Swim (3 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)		
6:00pm																
6:30pm	YSST (6 Lanes)	Lap Swim (2)	FTF (2)	Lap (1)	Open Swim (2 Lanes)		YSST (3)	FTF (2)	Lap Swim (3 Lanes)	YSST (6 Lanes)	Lap (2)	Lap Swim (5 Lanes)	Family Swim (3 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	
7:00pm																
7:30pm	HHS (2)	MHS (2)	FTF (2)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)		HHS (2)	MHS (2)	FTF (2)	Lap Swim (4 Lanes)	Open (2)	Lap Swim (5 Lanes)	Family Swim (3 Lanes)	Lap Swim (6 Lanes)	Open Swim (2 Lanes)	
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 8:30PM</u>		<u>CLOSED AT 8:30PM</u>					

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

*Lane sharing is often required