



## HICKORY FOUNDATION YMCA

701 1st Street NW, Hickory NC 28601  
(828) 324-2858 | www.ymcacv.org

## HOURS OF OPERATION

Monday-Thursday 5:00a-8:30p  
Friday 5:00a-7:30p  
Saturday 8:00a-4:30p  
Sunday 1:00p-4:30p

# SWIM PLAY LEARN

**BOBBY CAVANAUGH**

Aquatics Director

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### Indoor Pool Schedule: February 27<sup>th</sup> - March 31<sup>st</sup>, 2017

	OPEN/FAMILY SWIM	LAP SWIM	WATER FITNESS	CHILD CARE LESSONS	YSST/ HS SWIM TEAM PRACTICES	ADULT FITNESS/ MASTER PRACTICES	SWIM LESSONS	POOL PARTIES	PARENT'S NIGHT OUT
<b>MON</b>	7:00a-9:00a (2) 11:00a-3:00p (3) 6:30p-7:00p (1) 7:00p-8:30p (3)	5:00a-6:45a (4) 7:00a-3:00p (4) 6:30p-7:00p (2) 7:00p-8:30p (5)	9:00a-10:00a(4)	10:00a-11:00a(3)	YSST 3:30p-5:30p(8) YSST 5:30p-6:30p(8) YSST 6:30p-7:00p(5)	5:30a-6:45a(4)	No Lessons		
<b>TUE</b>	7:30a-10:00a (2) 11:30a-3:00p (3) 6:30p-8:30p (1)	5:00a-7:30a (4) 8:00a-3:00p (4) 6:30p-8:30p (4)	10:15a-11:15a(4) 5:30p-6:30p(3)		YSST 3:30p-5:30p(8)	6:30a-7:30a(4) 12:00p-1:00p(4)	5:40p-7:20p(5)		
<b>WED</b>	7:00a-9:00a (2) 11:00a-3:00p (3) 6:30p-7:00p (1) 7:00p-8:30p (3)	5:00a-6:45a (4) 7:00a-3:00p (4) 6:30p-7:00p (2) 7:00p-8:30p (5)	9:00a-10:00a(4)	10:00a-11:00a(3)	YSST 3:30p-5:30p(8) YSST 5:30p-6:30p(8) YSST 6:30p-7:00p(5)	5:30a-6:45a(4)	No Lessons		
<b>THU</b>	7:30a-10:00a (2) 11:30a-3:00p (3) 6:30p-8:30p (1)	5:00a-7:30a (4) 8:00a-3:00p (4) 6:30p-8:30p (4)	10:15a-11:15a(4) 5:30p-6:30p(3)		YSST 3:30p-5:30p(8)	6:30a-7:30a(4) 12:00p-1:00p(4)	5:40p-7:20p(5)		
<b>FRI</b>	7:00a-9:00a (2) 11:00a-3:00p (3) 6:30p-7:00p (1) 7:00p-7:30p (3)	5:00a-6:45a (4) 7:00a-3:00p (4) 6:30p-7:00p (2) 7:00p-7:30p (5)	9:00a-10:00a(4)	10:00a-11:00a(3)	YSST 3:30p-5:30p(8) YSST 5:30p-6:30p(8) YSST 6:30p-7:00p(5)	5:30a-6:45a(4)	No Lessons		6:30p-8:00p
<b>SAT</b>	1:00p-4:30p (2)	8:00a-9:00a(3) 12:30p-4:30p(6)			8:00a-10:00a(5)	6:15a-8:00a	9:00a-10:00a(3) 10:20a-12:30p(6)	2:00p-4:00p(2)	
<b>SUN</b>	1:00p-4:30p (3)	1:00p-4:30p(5)					No Lessons	2:00p-4:00p(2)	

(#) = Available lanes & subject to change without notice.  
Pool always closes 30 minutes prior to the building hours

### UPCOMING EVENTS FOR CLOSING

**YSST SWIM MEET: Sat. Feb 11th & Sun. Feb 12th**

**Swim Test: If you are under 18 years of age you must pass a swim test to swim in the deep end of the pool**

#### Pool Area Guidelines:

- All children under the age of 12 must be accompanied by an Adult in the water and/or deck at all times.
- To swim without a parent or guardian, children must be 12 years of age or older OR able to pass the deep swim test.
- Whirlpool can only be used if you are 14 years of age OR older.
- Sauna can be only be used if you are 16 years of age OR older. If you are 14 or 15 years of age you must be accompanied by an Adult (18 years of age)