



SWIM PLAY LEARN

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HICKORY AQUATICS

Indoor Pool Schedule: Jan. 1st – Feb. 26th, 2017

THE HICKORY FOUNDATION YMCA
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BOBBY CAVANAUGH
Aquatics Director
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM	500a-530a LAP (8)					CLOSED	CLOSED
5:30AM	530a-645a AF(4) LAP (4)	530a-630a YSST(5) LAP(3)	530a-645a AF(4) LAP (4)	530a-630a YSST(5) LAP(3)	530a-645a AF(4) LAP (4)		
6:00AM		630a-730a AF(4) LAP(4)		630a-730a AF(4) LAP(4)			
6:30AM							
7:00AM	700a-1000a OPEN(2) LAP(7)	730a-1000a OPEN(2) LAP(7)	700a-900a OPEN(2) LAP(7)	730a-1000a OPEN(2) LAP(7)	700a-1000a OPEN(2) LAP(7)		
7:30AM							
8:00AM							
8:30AM	900a-1000a WF(4) LAP(4)	LAP(7)	900a-1000a WF(4) LAP(4)	LAP(7)	900a-1000a WF(4) LAP(4)	800a-900a YSST(5) LAP(3)	
9:00AM							
9:30AM							
10:00AM	1000a-1100a	1015a-1115a WF(4) LAP (4)	1000a-1100a	1015a-1115a WF(4) LAP (4)	900a-1000a SL(3) YSST(5)		
10:30AM	CDC(4) LAP(4)		CDC(4) LAP(4)				
11:00AM	1100a-300p OPEN(3) LAP(5)		1115a-1200p LAP(8)			1100a-300p OPEN(3) LAP(5)	1115a-1200p LAP(8)
11:30AM		1200p-100p AF(4) LAP (4)		1200p-100p AF(4) LAP (4)			
12:00PM		100p-300p OPEN(3) LAP(5)	100p-300p OPEN(3) LAP(5)	100p-300p OPEN(3) LAP(5)			
12:30PM							
1:00PM		100p-430p OPEN(2) LAP(3) PR(3)	100p-430p OPEN(2) LAP(3) PR(3)				
1:30PM							
2:00PM							
2:30PM	300p-330p HST(4)LAP(4)	300p-330p HST(4)LAP(4)	300p-330p HST(4)LAP(4)	300p-330p HST(4)LAP(4)	300p-330p HST(4)LAP(4)		
3:00PM	330p-630p YSST(8)	330p-530p YSST(8)	330p-630p YSST(8)	330p-530p YSST(8)	330p-630p YSST(8)		
3:30PM							
4:00PM		530p-630p WF(3)LAP(3)OPEN(2)		530p-630p WF(3)LAP(3)OPEN(2)			
4:30PM							
5:00PM							
5:30PM	630p-730p YSST(5)LAP(2)O(1)	630p-730p YSST(5)LAP(2)O(1)					
6:00PM							
6:30PM	6:30p-700pYSST(5)LAP(3)	630p-700pLAP(5)O(2)	6:30p-700pYSST(5)LAP(3)	630p-700pLAP(5)O(2)	Interested In Having A Pool Party		
7:00PM	700p-800p	700p-800p	700p-800p	700p-800p			
7:30PM	HST(5)LAP(3)OPEN(1)	HST(5)LAP(3)OPEN(1)	HST(5)LAP(3)OPEN(1)	HST(5)LAP(3)OPEN(1)			
8:00PM	800p-830p LAP(6)OPEN(2)				CLOSED	More Information Bobby Cavanaugh bobbyc@ymcacv.org	
8:30PM	CLOSED (INDOOR POOL always CLOSES 30 minutes prior to building hours)						
9:00PM							

SL Swim Lessons CDC Child Development Center WP Water Polo AF Adult Fitness HST High School Swim Team
WF Water Fitness LAP Lap Lane Available YSST YMCA Seahorse Swim Team PR Birthday Parties PNO Parent's Night Out

Open / Family Swimming

Mon/Wed/Fri: 5A – 9A, 11A-330P, 730P-830P
Tues/Thurs: 5A – 9A, 11A-330P, 630P-830P
Sat: 8A-430P
Sun: 1P – 430P

Lap Swimming

Mon- Fri: 5A-9A, 11A-330P, 730P-830P
Sat 8A – 430P
Sun 1P – 430P

UPCOMING EVENTS FOR CLOSING

YSST SWIM MEET: Sat. Nov. 12th & Sun. Nov. 13th

HIGH SCHOOL MEET: Thurs. Nov. 17th

HIGH SCHOOL MEET: Tues. Nov. 29th

POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE