



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



SALEM MAIN POOL SCHEDULE

November 20th - December 23rd, 2017

Pools close at 2:00 PM on November 22nd and at 1:00 PM on December 23rd.

YMCA closed November 23rd, December 24th-25th.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|----------------------------------|---|----------------------------------|--------------------------------------|----------------------------------|---------------------------------------|------------------------|
| 5:30 AM | Lap Swim 5:30-9:00 | | | | | | |
| 6:00 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 8:00 AM | Aqua Fitness 9:00-10:00 | | | | | Lap Swim 7:00-11:00 | |
| 9:00 AM | | | | | | | |
| 9:30 AM | Lap Swim 10:00-1:30 | Lessons 10:00-11:15 | Lap Swim 10:00-1:30 | Lessons 10:00-11:15 | Lap Swim 10:00-1:30 | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | Adult Swim Conditioning 11:15-12:00 | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| Noon | POOLS CLOSED 1:30-3:30 | Lap Swim 12:00-4:00 | POOLS CLOSED 1:30-3:30 | Lap Swim 12:00-4:00 | POOLS CLOSED 1:30-3:30 | Lap Swim / Open Swim 11:00-6:00 | Lap Swim 1:00-3:00 |
| 1:00 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 3:00 PM | Swim Team 3:30-6:00 | Swim Team 4:00-5:00 | Swim Team 3:30-6:00 | Swim Team 4:00-5:00 | Swim Team 3:30-6:00 | | Open Swim 3:00-4:30 |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 5:30 PM | Masters Swimming 6:00-7:00 | Lap Swim 5:45-7:00 | Masters Swimming 6:00-7:00 | Lap Swim/ Relay Club 5:45-7:00 | Masters Swimming 6:00-7:00 | | CLOSED |
| 6:00 PM | | | | | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | Aqua Fitness 7:00-8:00 | Lessons 7:00-7:45 | Aqua Fitness 7:00-8:00 | Lessons 7:00-7:45 | Open Swim 7:00-8:00 | CLOSED | |
| 7:30 PM | | | | | | | |
| 8:00 PM | Open Swim 8:00-9:00 | Open Swim 7:45-9:00 | Open Swim 8:00-9:00 | Open Swim 7:45-9:00 | CLOSED | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | | | | | |

AT THE Y, MEMBERSHIP MEANS MORE.

10/18/2017

SALEM FAMILY YMCA | 685 Court Street NE, Salem Or 97301 | 503-581-YMCA | www.theYonline.org



SALEM SMALL POOL SCHEDULE

November 20th - December 23rd, 2017

Pools close at 2:00 PM on November 22nd and at 1:00 PM on December 23rd.

YMCA closed November 23rd, December 24th-25th.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|------------------------------|---------------------------------|------------------------------|------------------------------|-----------------------------------|------------------------|--------|
| 5:30 AM | Open Swim 5:30-10:00 | Open Swim 5:30-9:30 | Open Swim 5:30-10:00 | Open Swim 5:30-9:30 | Open Swim 5:30-10:30 | Open Swim 7:00-6:00 | |
| 6:00 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 9:00 AM | | | | | | | |
| 9:30 AM | Lessons 10:00-10:30 | Lessons 9:30-11:45 | Lessons 10:00-10:30 | Lessons 9:30-11:45 | Arthritis Exercise 10:30-11:30 | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| Noon | Open Swim 11:30-1:30 | Open Swim 11:45-2:15 | Open Swim 11:30-1:30 | Open Swim 11:45-2:15 | Open Swim 1:30-3:30 | Open Swim 1:00-4:30 | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | POOLS CLOSED 1:30-3:30 | Senior Exercise 2:15-3:15 | POOLS CLOSED 1:30-3:30 | Senior Exercise 2:15-3:15 | POOLS CLOSED 1:30-3:30 | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | Lessons 4:30-5:45 | Lessons 4:30-7:45 | Lessons 4:30-7:15 | Lessons 4:30-7:45 | Open Swim 3:30-8:00 | CLOSED | |
| 5:30 PM | | | | | | | |
| 6:00 PM | | | | | | | |
| 7:00 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 8:30 PM | Open Swim 5:45-9:00 | Open Swim 7:45-9:00 | Open Swim 7:15-9:00 | Open Swim 7:45-9:00 | CLOSED | CLOSED | |
| 9:00 PM | | | | | | | |

GENERAL AQUATIC INFORMATION

- Please observe all posted rules.
- Shower before entering the pools.
- Bathers who are not toilet trained must wear a swim diaper.
- Persons with bandages, open cuts or wounds aren't allowed in the pool.
- Non-swimmers wearing life jackets, or children who can not touch the bottom of the pool, must be accompanied by an adult into the pool. All swimmers in the main pool must pass the swim test or stay in the shallow end. NO life jackets allowed in the deep end of the Main Pool.
- Children under 7 MUST have a parent or responsible adult IN THE POOL with them at all times unless the child has passed the Swim Test.
- Proper swim attire must be worn at all times.** No cut-offs, sports bras, athletic shorts or other street clothes allowed in the pools.
- Coastguard approved flotation devices only. Please ask a lifeguard for assistance with a life jacket.

LAP SWIM: All ages. Lap swimmers must be able to swim 40 yards continuously.

OPEN SWIM: Children under 7 MUST have a parent or responsible adult IN THE POOL with them at all times unless the child has passed the Swim Test. Parent MUST stay in the pool area at all times. AGES 7-12, parents must be in the Y while children are swimming.

HOT TUB: Located next to the small pool. Youth ages 7-12 may use Hot Tub with direct adult supervision. Adult must be within arms reach of child.