the YMCA

AQUATICS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALEM MAIN POOL SCHEDULE

April 3rd – June 11th, 2017

Schedule subject to change anytime

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

3/20/2017

AT THE Y, MEMBERSHIP MEANS MORE.

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

AQUATICS

SALEM SMALL POOL SCHEDULE

April 3rd – June 11th, 2017

Schedule subject to change anytime

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