



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SALEM MAIN POOL SCHEDULE

June 26 - September 1, 2017

Pools closed: July 1st-4th, September 2nd-4th

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	Lap Swim 7:00-10:00	Pool Closed
6:00 AM							
7:00 AM							
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	Lessons 10:00-10:45	Lessons 10:00-11:15	Lessons 10:00-10:45	Lessons 10:00-11:15	Lessons 10:00-10:45		
10:00 AM							
10:30 AM							
11:00 AM	Open Swim 10:45-12:00	Adult Swim Conditioning 11:15-12:00	Open Swim 10:45-12:00	Adult Swim Conditioning 11:15-12:00	Open Swim 10:45-12:00		
11:30 AM							
Noon	Lap Swim 12:00-1:30	Lap Swim 12:00-1:30	Lap Swim 12:00-1:30	Lap Swim 12:00-1:30	Lap Swim 12:00-1:30		
1:00 PM							
1:30 PM	Lessons 1:30-2:15	Lessons 1:30-2:15	Lessons 1:30-2:15	Lessons 1:30-2:15	Open Swim/ Lap Swim 1:30-3:30	Open Swim 10:45-6:00	
2:00 PM							
2:30 PM	Open Swim/ Lap Swim 2:15-3:30	Open Swim/ Lap Swim 2:15-4:00	Open Swim/ Lap Swim 2:15-3:30	Open Swim/ Lap Swim 2:15-4:00	Swim Team / Summer Swim Team 4:00-5:00		
3:00 PM							
3:30 PM	Swim Team 3:30-6:00	Swim Team / Summer Swim Team 4:00-5:00	Swim Team 3:30-6:00	Swim Team / Summer Swim Team 4:00-5:00	Swim Team 3:30-6:00	Open Swim 3:00-4:30	
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Lessons 5:00-5:45	Lessons 5:00-5:45	Lessons 5:00-5:45	Lessons 5:00-5:45	Lessons 5:00-5:45		
6:00 PM							
6:30 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	
7:00 PM							
7:30 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		
8:00 PM							
8:30 PM	Open Swim 8:00-9:00	Open Swim 8:00-9:00	Open Swim 8:00-9:00	Open Swim 8:00-9:00	Pool Closed		
9:00 PM							

AT THE Y, MEMBERSHIP MEANS MORE.

SALEM FAMILY YMCA | 685 Court Street NE, Salem Or 97301 | 503-581-9622 | www.theYonline.org



SALEM SMALL POOL SCHEDULE

June 26 - September 1, 2017

POOLS CLOSED: July 1st-4th, September 2nd-4th

Schedule subject to change anytime.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Open Swim 5:30-8:45	Open Swim 5:30-9:30	Open Swim 5:30-8:45	Open Swim 5:30-9:30	Open Swim 5:30-9:15	Open Swim 7:00-9:30	
6:00 AM							
7:00 AM							
8:00 AM	Lessons 8:45-10:30	Lessons 9:30-11:45	Lessons 8:45-10:30	Lessons 9:30-11:45	Lessons 9:15-10:30	Lessons 9:30-11:45	
8:30 AM							
9:00 AM							
9:30 AM	Arthritis Exercise 10:30-11:30	Arthritis Exercise 10:30-11:30	Arthritis Exercise 10:30-11:30	Arthritis Exercise 10:30-11:30	Arthritis Exercise 10:30-11:30		
10:00 AM							
10:30 AM							
11:00 AM	Open Swim 11:30-1:00	Open Swim 11:45-1:00	Open Swim 11:30-1:00	Open Swim 11:45-1:00	Open Swim 11:30-8:00	Open Swim 11:45-6:00	
11:30 AM							
Noon							
12:30 PM	Lessons 1:00-2:15	Lessons 1:00-2:15	Lessons 1:00-2:15	Lessons 1:00-2:15	Open Swim 11:30-8:00	Open Swim 11:45-6:00	
1:00 PM							
2:00 PM							
2:30 PM	Open Swim 2:15-4:30	Senior Exercise 2:15-3:15	Exclusive Group Rental 2:15-3:15	Senior Exercise 2:15-3:15	Open Swim 11:30-8:00	Open Swim 11:45-6:00	Lessons 1:00-2:30
3:00 PM		Open Swim 3:15-4:30	Open Swim 3:15-4:30	Open Swim 3:15-4:30			
3:30 PM							
4:00 PM	Lessons 4:30-6:30	Lessons 4:30-7:45	Lessons 4:30-6:30	Lessons 4:30-7:45	Open Swim 11:30-8:00	Open Swim 11:45-6:00	Open Swim 2:30-4:30
4:30 PM							
5:00 PM							
5:30 PM	Open Swim 6:30-9:00	Open Swim 8:00-9:00	Open Swim 6:30-9:00	Open Swim 8:00-9:00	Pool Closed	Pool Closed	Pool Closed
6:00 PM							
7:00 PM							
8:00 PM	Open Swim 6:30-9:00	Open Swim 8:00-9:00	Open Swim 6:30-9:00	Open Swim 8:00-9:00	Pool Closed	Pool Closed	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.
 - 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, cotton, basketball shorts, underwear or street clothes may be worn in the pools or hot tub.
 - Coastguard approved flotation devices only.
- Group Rental designates entire pool is reserved for private party.
Contact us for a Group Rental! (503) 399-2792

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.