

Salem YMCA Pool Frequently Asked Questions

What may I wear into the pool?

Swimsuits are required to use the pool. Cotton clothing, basketball or athletic shorts, cutoffs, sports bras, underwear, or ANY street clothes are NOT allowed to be used as swim wear. You may wear a polyester or nylon swim shirt over your suit.

Do I need to shower before entering the pool?

Yes, a cleansing shower is required for everyone before entering the pool.

May I play with toys during Family Swim?

Yes, we provide toys and noodles for use during Open Swim time at the YMCA pool. Equipment such as fins, kickboards, and barbells are for lessons, Swim Team, and lap swim only. Please help keep our pool clean and safe by not bringing in toys or floatation devices from home.

Do you have lifejackets available?

Yes, we do have lifejackets available for use. Please ask the lifeguard on duty for assistance. Water wings are not allowed in the YMCA pools. Youth in a lifejacket must have an adult in the pool with them within arms' reach. No one in a lifejacket may go into the deep end of the Main Pool.

Do you have goggles that I may borrow?

No, we don't have loaner goggles. Swimmers need to bring their own goggles or goggles may be purchased at the Welcome Desk.

Do you have towels that swimmers may use?

No, we don't have towels downstairs in Aquatics. Please see the Welcome Desk to learn about our towel program.

May my child go into the hot tub?

Youth age 7 – 12 may use the hot tub with direct adult supervision by an individual 18 or older. Children under 7 may dangle their legs in the hot tub if their parent is in the hot tub. We have a time limit of 15 minutes for youth to be in the hot tub.

May my child go into the locker room with me?

Women with youth of the same gender may accompany their child into the Girls' Locker Room. Boys under the age of 5 may accompany an adult female into the Girls' Locker Room. Boys age 5 or over and men must use the Family Locker Room with their children. The Family Locker Room is for everyone, and has a public shower area to shower while in swimming suits, with six private changing rooms. Youth age 0 -10 need direct adult supervision while using any of the Locker Rooms. Adults 18 and over may use the Health Centers for their respective gender, and will need to obtain the code at the front desk for access.

May I drop my child off at the pool and work out elsewhere in the building?

Youth age 7 -12 may be dropped off to use the Small Pool, as long as a parent stays in the building, under supervision of the lifeguard -- they must be able to stand on their own AND swim the width of the pool on their own. Children 6 and younger must have a parent with them in the pool area and the parent needs to be in the water with the child if the child isn't tall enough to stand or not able to pass the swim test. They may also use the Main Pool if they pass a swim test consisting of 40 yards of swimming and 30 seconds of treading water. Youth age 13 and older may use the pool whenever the pool schedule allows. During swimming lessons or swim team, parents need to stay in the pool area or locker rooms during the lessons if their swimmer is age 6 or younger, and must stay in the building if their swimmer is 7-12 years old.

When may I use the pool to swim?

Please pick up a pool schedule at the Welcome Desk, or go online to www.theyonline.org to download a current pool schedule. Lap swim is for all ages, but swimmers must be able to swim 20 yards continuously in order to swim at lap swim. All ages are welcome at Family Swim times. Youth must follow the age policies outlined above.

How long is the Main Pool and what temperature do you keep it at?

The Main Pool has four lanes and ranges in depth from 4 to 9 feet. It is heated to 82-84 degrees and is a fresh water, chlorinated pool.

How many laps do I need to swim to swim a mile?

88 lengths or 44 laps of the Main Pool equal one mile.

What is the size and temperature of the Small Pool?

The Small Pool is 15 yards long by 40 feet wide and is 3 to 3 ½ feet deep. The Small Pool, also known as the warm pool, is heated to 89-91 degrees and is a fresh water, chlorinated pool.