



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	CLOSED					CLOSED	
5:30AM	LAP SWIM (5:30-7AM)						
6:00AM							
6:30AM							
7:00AM	*Limited Lap/ Fitness (7-8AM)					LAP SWIM (7-8:30M)	
7:30AM							
8:00AM	AQUA FITNESS (8-9AM)				*LIMITED LAP (8-9AM)	LESSONS (8:30-12PM)	
8:30AM							
9:00AM	*Limited Lap/ Fitness (9-11AM)						
9:30AM							
10:00AM							
10:30AM							
11:00AM	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness till 12	AQUA FITNESS (11AM-12PM)	Limites Lap*/ Fitness till 12	*LIMITED LAP (11-12PM)		
11:30AM							
12:00PM	Lap Swim (12-1:30PM)					*LIMITED LAP & PRIVATES (12-1PM)	
12:30PM							
1:00PM						Pool Closed (1:30-3:30PM)	
1:30PM							
2:00PM							
2:30PM							
3:00PM	Open Swim(3:30-5PM)						Family Swim (2-3:30PM)
3:30PM							
4:00PM							
4:30PM							
5:00PM	lap Swim (5-6PM)	Lessons (5-6PM)	Lap Swim (5-6PM)	Lessons (5-6PM)	Open swim till 5:30		Open Swim (3:30-6PM)
5:30PM					Aqua Fitness (5:30-6PM)		
6:00PM	Swim Team (6-8PM)				Swim Team (6-7PM)	CLOSED 6:30PM	CLOSED 6PM
6:30PM							
7:00PM							
7:30PM							
8:00PM	ADULT SWIM (8-9PM)	OPEN SWIM (8-9PM)	ADULT SWIM (8-9PM)	OPEN SWIM (8-9PM)	Family Swim (7-9PM)		
8:30PM							
9:00PM	CLOSED 9PM						

INFORMATION

Schedule Description

- **Lap Swim***: Must be swimming from shallow end to deep end without stopping
- **Limited Lap/ Fitness**: there will be two lap lanes available to **Lap Swim*** / Fitness lanes available for personal fitness can use buoys and noodles during the time
- **Aqua Fitness**: Instructor led; No other swimming done. Patrons may use the hot tub
- **Family Swim**: A parent needs to be in the water with the kids. Family can be 2 adults
 - May use fins and other play items with adult supervision at this time
- **Open Swim**: anyone can come in all children under the age of 14 must be accompanied by an adult either in the water or on deck
 - Can use goggles, lifejackets, and Personal water toys
- **Swim Lessons/Team**: No other swimming is allowed while Swim Lessons/Team are in progress. Hot tub is available for use.
- **Limited Lap/ Privates**: There will be two lap lanes available to **Lap Swim***/ Private Lessons ONLY Ymca affiliated instructors and their participant

Swim Team Contact:

coachvictor@salemswimclub.org

Pool Rules

- Must shower before entering any water (pool / hot tub)
- Must be in swimming attire
 - No cotton material/jeans
- No running on deck, no flips of the edge, only forward diving
- No rough housing/ dunking, no shoulder rides
- Diving in deep end only
- No one under the age of 14 can be in the hot tub

Lessons

Group Lessons Tuesday
Thursday 8 30min
Lessons
Group Lessons Saturday
4 30min Lessons