



WITHNELL FAMILY YMCA

Winter - Spring Pool Schedule | January 4 - March 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:00AM	CLOSED					CLOSED			
5:30AM									
6:00AM	LAP SWIM (5:30-7AM)								
6:30AM									
7:00AM	*Limited Lap/ 1 ADA lane (7-8AM)					LAP SWIM (7-8:30M)			
7:30AM									
8:00AM	AQUA FITNESS (8-9AM)				*LIMITED LAP (8-9AM)				
8:30AM									
9:00AM	*Limited Lap/ 1 ADA lane (9-11AM)					LESSONS (9AM-12PM)			
9:30AM									
10:00AM									
10:30AM									
11:00AM	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness (11AM-12PM)	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness (11AM-12PM)	*LIMITED LAP (11AM-12PM)	LAP SWIM/ PRIVATE (12-1PM)			
11:30AM									
12:00PM	Lap Swim (12-1:30PM)								
12:30PM									
1:00PM	LAP SWIM (1-2PM)								
1:30PM									
2:00PM	Pool Closed (1:30-3:30PM)			SKSD (1:30-2:30PM) (pool closed to public)	Pool closed (1:30-3:30PM)	Family Swim (2-3:30PM)			
2:30PM									
3:00PM									
3:30PM									
4:00PM	Open Swim (3:30-5PM)					FAMILY & OPEN SWIM (1-6:30PM)			
4:30PM									
5:00PM	Lap Swim (5-6PM)	Swim Lessons (5-6PM)	Lap Swim (5-6PM)	Swim Lessons (5-6PM)	Open swim till 5:30				
5:30PM					Aqua Fitness (5:30-6PM)				
6:00PM	Swim Team (6-8PM)					Open Swim (3:30-6PM)			
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)	CLOSED 6:30PM	CLOSED 6PM		
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 googles, 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

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

Swim Team Contact:

coachvictor@salemswimclub.org

Lessons

Group Lessons on Saturdays:
Four-30min Lessons