



	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/ 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)			
11:30AM								
12:00PM	Lap Swim (12-1:30PM)					LAP SWIM/ PRIVATE (12-1PM)		
12:30PM								
1:00PM								
1:30PM	Pool Closed (1:30-3:30PM)			SKSD (1:30-2:30PM) <small>(pool closed to public)</small>	Pool closed (1:30-3:30PM)	FAMILY & OPEN SWIM (1-6:30PM)		LAP SWIM (1-2PM)
2:00PM								
2:30PM								
3:00PM							Family Swim (2-3:30PM)	
3:30PM	Open Swim (3:30-5PM)						Open Swim (3:30-6PM)	
4:00PM								
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)					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

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 off 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