



Silver Falls Family YMCA

601 Miller St, Silverton, OR 97381 (503) 873-6456 www.theYonline.org
Facebook.com/silverfallsymca

Pool Schedule: November 12th, 2018 - February 10th, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00	Lap Swim					Closed		6:00	
6:30								6:30	
7:00								7:00	
7:30								7:30	
8:00	Aquacise (8-9a) Limited Lap Swim Stretch & Tone (9-10a)		Limited Lap Swim Self Led Aquacise		Closed			8:00	
8:30	Swim Lessons Limited Lap Swim		Lap Swim Limited Open Swim					8:30	
9:00								9:00	
9:30								9:30	
10:00	Swim Lessons Limited Lap Swim	Lap Swim Limited Open Swim	Swim Lessons Limited Lap Swim	Lap Swim Limited Open Swim				10:00	
10:30								10:30	
11:00								11:00	
11:30								11:30	
12:00	Lap Swim Limited Open Swim					Limited Open Swim Lap Swim	12:00		
12:30	Pool & Office Closed (1-3:30p)						12:30		
1:00	Pool & Office Closed (1-3:30p)					Private Lessons (12-2p)	1:00		
1:30							1:30		
2:00						Open Swim (2-4p)		2:00	
2:30								2:30	
3:30	Limited Open Swim (3:30-4:30p) Limited Lap Swim - Tuesdays & Thursdays Only (3:30-4:30p)		SFR & Kennedy Swim Team (3:30-5p) Aqua Foxes Swim Team (4:30-6p) <i>No lap lanes will be available during the Aqua Foxes Practice</i>		Closed Available for Rental (4-6p)		3:30		
4:00							4:00		
4:30	Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)		Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)				Limited Lap Swim (6-7p) Limited Open Swim (6-7p) Self Led Aquacise		4:30
5:00					Aqua Foxes Lap Swim (6-7p) Limited Open Swim (6-7p) Aquacise (6-7p)				Aqua Foxes Lap Swim (6-7p) Limited Open Swim (6-7p) Aquacise (6-7p)
5:30	Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)		Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)				Available for Rental (7-8p)		
6:00					Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)				Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)
6:30	Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)		Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)				6:30		
7:00					Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)		Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)		7:00
8:00	Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)		Swim Lessons (5-7p) Limited Lap Swim (6-7p) Aquacise (6-7p)						8:00

Showers are required before entering the Pool.

Limited Open Swim occurs in our two family pools only.

We will be closed in the evening from 3:30-7p for Aqua Foxes Home Swim meets. Changes may occur.

Dates: Nov. 29th, Dec. 11th, Dec. 13th, Jan. 8th, Jan. 15th