



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SALEM MAIN POOL SCHEDULE

January 7th – March 22nd, 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	POOLS CLOSED	Lap Swim 5:30-9:00					POOLS CLOSED
6:00 AM							
7:00 AM							
8:00 AM		Aqua Fitness 9:00-10:00					Lap Swim 7:15-10:00
9:00 AM							
9:30 AM		Lap Swim 10:00-1:30	Lessons 10:00-11:15	Lap Swim 10:00-1:30	Lessons 10:00-11:15	Lap Swim 10:00-1:30	Lessons 10:00-10:45
10:00 AM							
10:30 AM			Swim Conditioning 11:15-12:00		Swim Conditioning 11:15-12:00		Swim Conditioning 11:15-12:00
11:00 AM							
11:30 AM	Lap Swim 12:00-2:30	Lap Swim 12:00-2:30	Lap Swim 12:00-2:30	Lap Swim 12:00-2:30	Lap Swim 10:00-1:30	Lap Swim 10:45-1:00	
12:00 PM							
1:00 PM							
1:30 PM	Lap Swim 1:15-3:00	POOLS CLOSED 1:30-3:30	Swim Team 2:30-3:30	POOLS CLOSED 1:30-3:30	Swim Team 2:30-3:30	POOLS CLOSED 1:30-3:30	Open Swim 1:00-4:00
2:00 PM							
2:30 PM							
3:00 PM	Open Swim 3:00-4:30	Swim Team 3:30-6:00	Swim Team 4:15-5:15	Swim Team 3:30-6:00	Swim Team 4:15-5:15	Swim Team 3:30-6:00	Open Swim 1:00-4:00
3:30 PM							
4:00 PM							
4:30 PM	POOLS CLOSED	Swim Team 3:30-6:00	Swim Team 4:15-5:15	Swim Team 3:30-6:00	Swim Team 4:15-5:15	Swim Team 3:30-6:00	POOLS CLOSED
5:00 PM							
5:30 PM			Lap Swim / Lessons 5:15-6:00		Lap Swim / Lessons 5:15-6:00		
6:00 PM							
6:30 PM		Masters / Lap Swim 6:00-7:00	Relay Club 6:00-7:00	Masters / Lap Swim 6:00-7:00	Relay Club 6:00-7:00	Masters / Lap Swim 6:00-7:00	
7:00 PM							
7:30 PM							
8:00 PM		Aqua Fitness 7:00-8:00	Lessons 7:00-7:45	Aqua Fitness 7:00-8:00	Lessons 7:00-7:45	Open Swim 7:00-8:00	
8:30 PM							
9:00 PM	Open Swim 8:00-9:00					POOLS CLOSED	
	POOLS CLOSED						

AT THE Y, MEMBERSHIP MEANS MORE.

SALEM FAMILY YMCA | 685 Court Street NE, Salem OR 97301 | 503-581-9622 | www.theYonline.org



SALEM SMALL POOL SCHEDULE

January 7th - March 22nd, 2019



Updated 11-20-18. Schedule subject to change any time

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	POOLS CLOSED	Open Swim 5:30-10:00					POOLS CLOSED
6:00 AM							POOLS CLOSED
7:00 AM							POOLS CLOSED
8:00 AM							POOLS CLOSED
9:00 AM							POOLS CLOSED
9:30 AM							POOLS CLOSED
10:00 AM	POOLS CLOSED	Lessons 10:00-10:30	Lessons 10:00-11:45	Lessons 10:00-10:30	Lessons 10:00-11:45	Open Swim 10:00-10:30	Lessons 9:30-11:45
10:30 AM		Arthritis Exercise 10:30-11:30		Arthritis Exercise 10:30-11:30		Arthritis Exercise 10:30-11:30	
11:00 AM							
11:30 AM	Open Swim 1:15-4:30	Open Swim 11:30-1:30	Open Swim 11:45-2:15	Open Swim 11:30-1:30	Open Swim 11:45-2:15	Open Swim 11:30-1:30	Open Swim 11:45-4:00
12:00 PM							
1:00 PM							
1:30 PM		POOL CLOSED 1:30-3:30	POOL CLOSED 1:30-3:30	POOL CLOSED 1:30-3:30			
2:00 PM		Senior Exercise 2:15-3:15	Senior Exercise 2:15-3:15	Senior Exercise 2:15-3:15			
2:30 PM							
3:00 PM	Open Swim 3:30-4:30	Open Swim 3:15-4:45	Open Swim 3:30-4:30	Open Swim 3:15-4:45	Open Swim 3:30-4:30		
3:30 PM	POOLS CLOSED	Lessons 4:30-5:45	Lessons 4:45-7:00	Lessons 4:30-5:45	Lessons 4:45-7:00	Open Swim 4:30-8:00	POOLS CLOSED
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM	POOLS CLOSED	Open Swim 7:00-9:00					
7:00 PM							
7:30 PM							
8:00 PM							
9:00 PM	POOLS CLOSED					POOLS CLOSED	

GENERAL AQUATIC INFORMATION: Please observe all posted rules. Shower before entering the pools. Non-swimmers wearing life jackets, or children who can not touch the bottom of the pool, must be accompanied by an adult into the pool. All swimmers in the main pool must pass the swim test or stay in the shallow end. NO life jackets allowed in the deep end of the Main Pool. Children under 7 MUST have a parent or responsible adult IN THE POOL with them at all times unless the child has passed the Swim Test.

PROPER SWIM ATTIRE MUST BE WORN AT ALL TIMES. No cut-offs, sports bras, athletic shorts or other street clothes allowed in the pools. No exceptions: swimmers will be asked to change or they cannot swim.

Coastguard approved flotation devices only. Please ask a lifeguard for assistance with a life jacket. **LAP SWIM:** Lap swimmers must be able to swim 40 yards continuously. **OPEN SWIM:** Children under 7 MUST have a parent or responsible adult IN THE POOL with them at all times unless the child has passed the Swim Test. Parent MUST stay in the pool area at all times. AGES 7-12, parents must be in the Y while children are swimming. **HOT TUB:** Located next to the small pool. Youth ages 7-12 may use Hot Tub with DIRECT adult supervision. Adult must be within arms reach of child.