



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SALEM MAIN POOL SCHEDULE

April 1st - May 25th, 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							
10:00 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	
10:30 AM							
11:00 AM		Swim Conditioning 11:15-12:00		Lap Swim 12:00-2:30		Swim Conditioning 11:15-12:00	Lap Swim 12:00-2:30
11:30 AM							
12:00 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
1:00 PM							
1:30 PM							
2:00 PM	Open Swim 3:00-4:30	Swim Team 3:30-6:00	Lap Swim 3:30-4:15	Swim Team 3:30-6:00	Swim Team 3:30-6:00	Swim Team 3:30-6:00	
2:30 PM							
3:00 PM	POOLS CLOSED	Masters / Lessons 6:00-7:00	Relay Club 6:00-7:00	Masters / Lessons 6:00-7:00	Relay Club 6:00-7:00	Masters / Lap Swim 6:00-7:00	
3:30 PM							
4:00 PM							
4:30 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 <small>0-18. Schedule subject</small>	
5:00 PM							
5:30 PM		Open Swim 8:00-9:00					POOLS CLOSED
6:00 PM	POOLS CLOSED						
6:30 PM	POOLS CLOSED						
7:00 PM	POOLS CLOSED						
7:30 PM	POOLS CLOSED						
8:00 PM	POOLS CLOSED						
9:00 PM	POOLS CLOSED						



# SALEM SMALL POOL SCHEDULE

## April 1st – May 25th, 2019



Updated 1-24-19. 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							Open Swim	
7:00 AM							Open Swim	
8:00 AM							Open Swim	
9:00 AM							Open Swim	
9:30 AM							Open Swim	
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		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 11:30-1:30	
11:30 AM								
12:00 PM		Open Swim 1:15-4:30	POOL CLOSED 1:30-3:30	Senior Exercise 2:15-3:15	POOL CLOSED 1:30-3:30	Senior Exercise 2:15-3:15	POOL CLOSED 1:30-3:30	Open Swim 11:45-4:00
1:00 PM			Open Swim 3:30-4:30		Open Swim 3:30-4:30		Open Swim 3:30-4:30	
1:30 PM	Lessons 4:30-5:45		Lessons 4:45-7:00	Lessons 4:30-5:45	Lessons 4:45-7:00	Lessons 4:30-5:45	Lessons 4:30-5:45	
2:00 PM								
2:30 PM	Open Swim 5:45-7:00		Open Swim 5:45-7:00	Open Swim 5:45-7:00	Open Swim 5:45-7:00	Open Swim 4:30-8:00	POOLS CLOSED	
3:00 PM								
3:30 PM	Open Swim 7:00-9:00					POOLS CLOSED		
4:00 PM	POOLS CLOSED							
4:30 PM	POOLS CLOSED					POOLS CLOSED		
5:00 PM	POOLS CLOSED							
5:30 PM	POOLS CLOSED							
6:00 PM	POOLS CLOSED					POOLS CLOSED		
6:30 PM	POOLS CLOSED							
7:00 PM	POOLS CLOSED							
7:30 PM	POOLS CLOSED					POOLS CLOSED		
8:00 PM	POOLS CLOSED							
9:00 PM	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