



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SALEM MAIN POOL SCHEDULE

## June 3rd – June 14th

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

# AT THE Y, MEMBERSHIP MEANS MORE.

SALEM FAMILY YMCA | 685 Court Street NE, Salem OR 97301 | (503) 581-9622 | [www.theyonline.org](http://www.theyonline.org)



# SALEM SMALL POOL SCHEDULE

June 3rd – June 14th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	POOLS CLOSED	Open Swim 5:30-9:00					POOLS CLOSED
6:00am							
7:00am							
8:00am							
9:00am		Open Swim 9:00-10:30	Open Swim 9:00- 10:00	Open Swim 9:15- 10:30	Open Swim 9:00-10:00	Open Swim 9:15-10:30	Open Swim 7:15-10:00
9:30am		Arthritis Exercise 10:30-11:30	Lessons 10:00-11:45	Arthritis Exercise 10:30-11:30	Lessons 10:00-11:45	Arthritis Exercise 10:30-11:30	Open Swim 10:00-4:00
10:00am							
10:30am							
11:00am							
11:30am		Open Swim 11:30-1:30	Open Swim 12:00-2:15	Open Swim 11:30-1:20	Open Swim 12:00-2:15	Open Swim 11:30-1:30	
12:00pm							
1:00pm	POOLS CLOSED 1:30- 3:30	Senior Exercise 2:15-3:15	POOLS CLOSED 1:30- 3:30	Senior Exercise 2:15-3:15	POOLS CLOSED 1:30- 3:30		
1:30pm							
2:30pm	Open Swim 1:15-4:30	Open Swim 3:30-4:30	Open Swim 3:30-4:30	Open Swim 3:30-4:30	Open Swim 3:30-4:30		
3:30pm	POOLS CLOSED	Lessons 4:30-5:45	Lessons 4:45-7:00	Lessons 4:30-5:45	Lessons 4:45-7:00	Open Swim 3:30-8:00	
4:00pm							
4:30pm							
5:00pm		Open Swim 5:45-9:00	Open Swim 7:00-9:00	Open Swim 5:45-9:00	Open Swim 7:00-9:00		
6:00pm							
7:00pm	POOLS CLOSED	POOLS CLOSED					
8:00pm		POOLS CLOSED					
9:00pm							

**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.