SALEM FAMILY YMCA POOL SCHEDULE

January 3 - March 14, 2010
POOL INFORMATION 503-581-9622

YMCA
We build strong kids,
strong families, strong communities.

MAIN POOL

Winter 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	5:30-7:00 OPEN LAP						
6:00							
6:30							
7:00							
7:30	7:00-9:00 ADULT LAP					7:00-8:30 OPEN LAP	
8:00							
8:30						8:30-9:15 ADULT LAP	
9:00	9:00-10:00						
9:30						9:15-10:00 ADULT LAP/LESSONS	
10:00	10:00-12:00 OPEN LAP	10:00-10:30 LAPS/PERS	AQUA FITNESS 10:00-12:00 OPEN LAP	10:00-10:30 LAPS/PERS	10:00-12:00 OPEN LAP	10:00-10:45 MIN/F/FF/SH	
10:30		10:30-11:15 MIN / F/FF/SH		10:30-11:15 MIN / F/FF/SH		10:45-11:45 OPEN LAP	
11:00		11:15-12:00 SWIM COND		11:15-12:00 SWIM COND			
11:30							
Noon						11:45-1:00 ADULT LAP	
12:30	12:00-1:00 ADULT LAP						
1:00							
1:30	1:00-3:30 OPEN LAP	1:00-1:30 OPEN LAP	1:00-3:30 OPEN LAP	1:00-1:45 OPEN LAP/ LESSONS	1:00-3:30 OPEN LAP	1:00-2:00 FAMILY SWIM	1:00-2:00 RENTAL
2:00		1:30-2:30 LESSONS		1:45-3:30 OPEN LAP		2:00-4:00 OPEN SWIM	2:00-3:00 ADULT LAP/ PRIVATE LESSONS
2:30		2:30-3:30 OPEN LAP					
3:00							3:00-4:00 OPEN LAP/ PRIVATE LES.
3:30	3:30-6:00 SWIM TEAM	3:30-5:00 OPEN SWIM	3:30-6:00 SWIM TEAM	3:30-5:00 OPEN SWIM	3:30-6:00 SWIM TEAM		
4:00						4:00-5:00 FAMILY SWIM / RENTAL	4:00-5:15 OPEN SWIM
4:30							
5:00		5:00-5:45 MIN/F/FF/SH		5:00-5:45 MIN/F/FF/SH		5:00-6:00 FAMILY SWIM	
5:30							
6:00	6:00-7:00 ADULT LAP	5:45-6:45 ADULT LAP	6:00-7:00 ADULT LAP	5:45-6:45 ADULT LAP	6:00-7:00 ADULT LAP	6:00-7:00 ADULT LAP	
6:30							
7:00		6:45-7:30 MIN/F/FF/SH		6:45-7:30 MIN/F/FF/SH			
7:30	7:00-8:00 AQUA FITNESS	7:30-8:00 ADULT LESSONS	7:00-8:00 AQUA FITNESS	7:30-8:00 ADULT LESSONS	7:00-8:00 AQUA FITNESS	7:00-8:00 FAMILY SWIM	
8:00							
8:30	8:00-9:00 OPEN SWIM					X	
9:00							

OPEN SWIM: Recreation swim for all ages. No pool toys available for use.

ADULT LAP: Adults have priority, those under 18 may swim laps if a lane is available. Lessons may be held in open lane.

OPEN LAP: Lap swim for all ages. Lap Swim is continuous swimming in one lane.

FAMILY SWIM: Parent must accompany children under 18 and remain in the pool area. Toys and noodles may be available.

JACUZZI: Located next to the Small Pool. Same hours as the Small Pool for age 15 and older or ages 7-14 with a parent.