

SALEM FAMILY YMCA POOL SCHEDULE

June 21 – August 28, 2010
 POOL INFORMATION 503-581-9622



MAIN POOL SUMMER 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	5:30-7:00 OPEN LAP						
6:00							
6:30	7:00-9:00 ADULT LAP					7:30-8:30 OPEN LAP	
7:00							
7:30	9:00-10:00 AQUA FIT					8:30-9:15 ADULT LAP	
8:00							
8:30	10:00-11:30 OPEN LAP					9:15-10:00 OPEN LAP	
9:00							
9:30	10:00-11:30 OPEN LAP	10:00-10:45 MIN/F/StF	10:00-11:30 OPEN LAP	10:00-10:45 MIN/F/StF	10:00-11:30 OPEN LAP	10:00-10:45 MIN/F/FF/SH	
10:00				10:45-11:30 MIN/F/FF/SH			
10:30	11:30-12:30 OPEN LAP	11:30-12:30 SWIMCOND	11:30-12:30 OPEN LAP	11:30-12:30 SWIMCOND	11:30-12:30 OPEN LAP	10:45-11:45 OPEN LAP	
11:00							
11:30	12:30-1:30 ADULT LAP SWIM					11:45-1:00 ADULT LAP	
Noon							
12:30	1:30-2:15 MIN/FISH/FF/SHARK LESSONS				1:30-2:15 OPEN LAP	1:00-2:00 FAMILY SWIM	1:00-2:00 RENTAL
1:00							
1:30	2:15-3:00 OPEN SWIM					2:00-4:00 OPEN SWIM	2:00-3:00 ADULT LAP/ PRIVATE LESSONS
2:00							
2:30	3:00-5:30 SWIM TEAM	3:00-5:00 OPEN SWIM	3:00-5:30 SWIM TEAM	3:00-5:00 OPEN SWIM	3:00-5:30 OPEN SWIM	3:00-4:00 OPEN LAP/ PRIVATE LESSONS	
3:00							
3:30	5:30-6:30 ADULT LAP	5:00-5:45 MIN/F/FF/SH	5:30-6:30 ADULT LAP	5:00-5:45 MIN/F/FF/SH	5:30-6:30 ADULT LAP	4:00-5:00 FAMILY SWIM/ RENTAL	4:00-5:15 OPEN SWIM
4:00				5:45-6:45 ADULT LAP			
4:30	6:30-7:00 ADULT INSTRUCTION	6:45-7:30 MIN/F/FF/SH	6:30-7:00 ADULT INSTRUCTION	6:45-7:30 MIN/F/FF/SH	6:30-7:00 OPEN LAP	6:00-7:00 ADULT LAP	
5:00							
5:30	7:00-8:00 AQUA FIT	7:30-8:00 OPEN SWIM	7:00-8:00 AQUA FIT	7:30-8:00 OPEN SWIM	7:00-8:00 AQUA FIT	7:00-8:00 FAMILY SWIM	
6:00							
6:30	8:00-9:00 OPEN SWIM					X	
7:00							
7:30							
8:00							
8:30							
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 13 and older or ages 7-12 with a parent.

SUMMER 2010 SALEM YMCA *SMALL POOL*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	5:30-8:45 ADULT LEISURE						
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	8:45-9:15 PARENT/CH		8:45-9:15 PARENT/CH		8:45-10:00 YMCA KINDER GARTEN	8:45-9:30 Lessons	
9:30	9:15-9:45 PERS	9:00-9:45 POLL/GUPPY	9:15-9:45 PERS	9:00-9:45 POLL/GUPPY		9:30-10:00 PARENT/CH	
10:00	9:45-11:15 RENTAL LESSONS						
10:30					10:00-11:15 FAMILY SWIM/WET & WILD	10:00-10:45 POL/GUP	
11:00						10:45-11:15 PERS	
11:30					11:15-12:00 SENIOR EX	11:15-11:45 PARENT/CH	11:15-12:00 SENIOR EX
Noon	12:00-1:00 ADULT LEISURE/ PRIVATE LESSONS						
12:30	1:00-1:30 PERS LESSONS						
1:00	1:30-2:15 POLLIWOG/GUPPY LESSONS				1:00-2:15 FAMILY SWIM	1:00-2:00 FAMILY SWIM	1:00-2:00 RENTAL
1:30							
2:00	2:15-3:00 OPEN SWIM/ PRIVATE LES	2:15-3:00 ARTHRITIS EX	2:15-3:00 OPEN SWIM/ PRIVATE LES	2:15-3:00 ARTHRITIS EX	2:15-3:00 OPEN SWIM	2:00-4:00 OPEN SWIM	2:00-4:00 FAMILY SWIM
2:30	3:00-4:30 OPEN SWIM						
3:00							
3:30							
4:00							
4:30	4:30-5:00 PERS	4:30-5:00 PERS	4:30-5:00 PERS	4:30-5:00 PERS	4:30-5:45 OPEN SWIM		
5:00	5:00-5:45 POL/GUP	5:00-5:45 POL/GUP	5:00-5:45 POL/GUP	5:00-5:45 POL/GUP		5:00-6:00 ADULT LEISURE	
5:30	5:45-6:30 WATER WALKING	5:45-6:15 PARENT/CH	5:45-6:30 WATER WALKING	5:45-6:15 PARENT/CH	5:45-6:30 WATER WALKING		
6:00	6:15-6:45 PERS		6:30-7:00 ADULT LEISURE	6:15-6:45 PERS		6:00-8:00 FAMILY SWIM	
6:30	6:30-7:00 ADULT LEISURE	6:45-7:30 POL/GUP		6:45-7:30 POL/GUP	6:30-8:00 FAMILY SWIM		
7:00	7:00-8:00 FAMILY SWIM	7:30-8:00 WET & WILD	7:00-8:00 FAMILY SWIM	7:30-8:00 WET & WILD			
7:30	8:00-9:00 OPEN SWIM						
8:00							
8:30							
9:00							

GENERAL AQUATIC INFORMATION

- Please observe all posted rules!
- When using adult locker rooms children ages 5 and older must use respective gender locker rooms. When using children's locker rooms children ages 6 and older must use respective gender locker rooms. Family changing areas are available.
- Take a cleansing shower before entering the pool.
- Bathers, who are not toilet trained, must wear a swim diaper.
- Remove shoes before entering the pool area.
- No food, gum, glass containers, and drinks (other than water) on the pool deck.
- Anyone with an open cut or sore is not allowed to use the pools. No Band-Aids in the pools.
- Non-swimmers wearing life jackets, or children who can not touch the bottom of the pool, must be accompanied by an adult.
- Children six and under must be accompanied by an adult at all times. Ages 7-12, parent must be in the YMCA building while child is in the pool with the exception of lessons or Swim Team.