

Winter 2010 SALEM *SMALL* POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30	5:30-9:00 ADULT LEISURE							
6:00								
6:30								
7:00								7:00-8:00 ADULT LEISURE
7:30								8:00-8:45 FAMILY SWIM
8:00						8:45-9:30 LESSONS		
8:30								
9:00	9:00-9:30 PERS	9:00-9:30 YMCA	9:00-9:30 PERS	9:00-9:30 OPEN SWIM	9:00-9:30 OPEN SWIM			
9:30	9:30-10:00 SCDC	9:30-10:00 YMCA	9:30-10:00 SCDC	9:30-10:00 YMCA	9:30-10:30 LIVINGSTON	9:30-10:00 PARENT/CH		
10:00	10:00-10:30 PARENT/CH	10:00-10:30 PERS	10:00-10:30 PARENT/CH	10:00-10:30 PERS		10:00-10:45		
10:30	10:30-11:30	10:30-11:15 POLL/GUPPY	10:30-11:30	10:30-11:15 POLL/GUPPY	10:30-11:30	10:45-11:15 POL/GUP PERS		
11:00	SENIOR EXERCISE	11:15-11:45 PARENT/CH	SENIOR EXERCISE	11:15-11:45 PARENT/CH	SENIOR EXERCISE	11:15-11:45 PARENT/CH		
11:30	11:30-1:00 ADULT LEISURE	11:45-1:00 ADULT LEISURE	11:30-1:00 ADULT LEISURE	11:45-1:00 ADULT LEISURE	11:30-1:00 ADULT LEISURE	11:45-1:00		
Noon						FAMILY SWIM/		
1:00								
1:30	1:00-2:00 SCDC	1:00-1:30 PERS	1:00-2:00 SALEM/KEIZER	1:00-1:45 ST. JOES	1:00-3:00 RENTAL /OPEN SWIM	RENTAL 1:00-2:00	1:00-2:00 RENTAL	
2:00		1:30-2:15 POLL/GUPPY		1:45-2:15 RENTAL		FAMILY SWIM		
2:30	2:00-3:00 RENTAL	2:15-3:15	2:00-3:00	2:15-3:15		2:00-4:00 OPEN SWIM	2:00-4:00	
3:00		ARTHRTIS EXCERCISE	RENTAL/ OPEN SWIM	ARTHRTIS EXCERCISE				
3:30	3:00-3:45 OPEN SWIM	3:15-4:30	3:00-3:45 OPEN	3:15-4:30	3:00-5:4 5 OPEN SWIM	FAMILY SWIM		
4:00	3:45-4:30 ADAPTIVE AQ	OPEN	SWIM 3:45-4:30 ADAPTIVE AQ	OPEN				
4:30	4:30-5:00	SWIM 4:30-5:00	4:30-5:00	4:30-5:00		4:00-5:00	4:00-5:15	
5:00	PERS	PERS	PERS	PERS		RENTAL	OPEN SWIM	
5:30	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		
6:00	5:45-6:30	5:45-6:15 PARENT/CH	5:45-6:30	5:45-6:15 PARENT/CH	5:45-6:30			
6:30	WATER WALKING 6:30-7:00	6:15-6:45 PERS	WATER WALKING 6:30-7:00	6:15-6:45 PERS	WATER WALKING 6:30-8:00	6:00-8:00		
7:00	PARENT/CHILD 7:00-8:00	6:45-7:30 POLL/GUP	PARENT/CHILD 7:00-8:00	6:45-7:30 POLL/GUP		FAMILY SWIM		
7:30					FAMILY SWIM	FAMILY SWIM		
8:00	FAMILY SWIM	7:30-8:00 WET & WILD	FAMILY SWIM	7:30-8:00 WET & WILD				
8:30	8:00-9:00 OPEN SWIM					X		
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.
- Persons with open cuts or sores are 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 into the pool.
- Children under 7 MUST have a parent or responsible adult with them in the pool area.