



SALEM FAMILY YMCA POOL SCHEDULE*

January 16 – March 25, 2012
 POOL INFORMATION 503-399-2792

*Schedule may be subject to change

MAIN POOL

Winter 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00	5:00-9:00 LAP SWIM											
6:00												
6:30												
7:00												
7:30											7:00-9:15 LAP SWIM	
8:00												
8:30												
9:00	9:00-10:00 AQUA FITNESS											
9:30						9:15-10:00 LAP SWIM/ LESSONS						
10:00	10:00-12:00 LAP SWIM	10:00-10:30 LAPS/LESSONS	10:00-12:00 LAP SWIM	10:00-10:30 LAPS/LESSONS	10:00-12:00 LAP SWIM	10:00-10:45 LESSONS						
10:30		10:30-11:15 LESSONS		10:30-11:15 LESSONS			10:30-11:15 LESSONS					
11:00		11:15-12:00 SWIM COND		11:15-12:00 SWIM COND		11:15-12:00 SWIM COND						
11:30						10:45-1:00 LAP SWIM						
Noon	12:00-1:00 LAP SWIM											
12:30												
1:00	1:00-3:30 LAP SWIM	1:00-1:30 LAP SWIM	1:00-3:30 LAP SWIM	1:00-1:45 LAP SWIM/ LESSONS	1:00-3:30 LAP SWIM	1:00-5:30 FAMILY SWIM	1:00-3:00 LAP SWIM					
1:30		1:30-2:30 LESSONS		1:45-3:30 LAP SWIM			3:00-5:15 FAMILY SWIM					
2:00		2:30-3:30 LAP SWIM										
2:30												
3:00	3:30-6:00 SWIM TEAM	3:30-4:30 FAMILY SWIM	3:30-6:00 SWIM TEAM	3:30-4:30 FAMILY SWIM	3:30-6:00 SWIM TEAM							
3:30		4:30-5:15 LESSONS		4:30-5:15 LESSONS								
4:00		5:15-6:00 LESSONS		5:15-6:00 LESSONS								
4:30												
5:00	6:00-7:00 LAP SWIM					5:30-6:30 LAP SWIM						
5:30												
6:00												
6:30												
7:00	7:00-8:00 AQUA FITNESS	7:00-7:45 LESSONS	7:00-8:00 AQUA FITNESS	7:00-7:45 LESSONS	7:00-8:00 AQUA FITNESS	X	X					
7:30		FAMILY SWIM		FAMILY SWIM				FAMILY SWIM				
8:00	8:00-9:00 FAMILY SWIM											
8:30						X						
9:00												

LAP SWIM: All ages. Lap swimmers must be able to swim 40 yards continuously.

FAMILY SWIM: Parents must be in the pool with non-swimmers who aren't able to stand and ages 6 years and younger. Ages 7-12, parents must be in the Y building. Recreation Swim for ages 13 and older. Noodles and toys 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.

Winter 2012 SALEM **SMALL** POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	5:00-9:00 ADULT LEISURE						
6:00							
6:30							
7:00							
7:30							
8:00	9:00-10:30 LESSONS					7:00-8:45 ADULT LEISURE/ FAMILY SWIM	
8:30							
9:00							
9:30							
10:00							
10:30	10:00-10:30 PARENT/CH		10:00-10:30 PARENT/CH			8:45-9:30 LESSONS	
11:00	10:30-11:30 SENIOR EXERCISE	10:30-11:15 LESSONS	10:30-11:30 SENIOR EXERCISE	10:30-11:15 LESSONS	10:30-11:30 SENIOR EXERCISE	10:00-11:15 LESSONS	
11:30		11:15-11:45 PARENT/CH		11:15-11:45 PARENT/CH		11:15-11:45 PARENT/CH	
Noon	11:30-1:00 ADULT LEISURE	11:45-1:00 ADULT LEISURE	11:30-1:00 ADULT LEISURE	11:45-12:00 ADULT LEISURE	11:30-1:00 ADULT LEISURE		
12:30							
1:00	1:00-2:30 LESSONS	1:00-2:15 LESSONS	1:00-2:00 LESSONS	1:00-2:15 LESSONS	1:00-5:45 FAMILY SWIM	11:45-6:30 FAMILY SWIM	1:00-5:15 FAMILY SWIM
1:30							
2:00							
2:30		2:15-3:15 ARTHRITIS EXERCISE	2:00-4:30 FAMILY SWIM	2:15-3:15 ARTHRITIS EXERCISE			
3:00	2:30-4:30 FAMILY SWIM	3:15-4:45 FAMILY SWIM		3:15-4:45 FAMILY SWIM			
3:30							
4:00							
4:30	4:30-5:45 LESSONS	4:45-6:00 LESSONS	4:30-5:45 LESSONS	4:45-6:00 LESSONS			
5:00							
5:30	5:45-6:30 ADULT LEISURE	6:00-6:30 PARENT/CH	5:45-6:30 ADULT LEISURE	6:00-6:30 PARENT/CH	5:45-6:30 ADULT LEISURE		
6:00							
6:30	6:30-8:00 FAMILY SWIM	6:30-7:45 LESSONS	6:30-8:00 FAMILY SWIM	6:30-7:45 LESSONS	6:30-8:30 FAMILY SWIM		X
7:00		WET & WILD		WET & WILD		X	
7:30	8:00-9:00 FAMILY SWIM						
8:00							
8:30							
9:00					X		

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.
- 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 IN THE POOL with them unless they've passed the Swim Test.