



WITHNELL FAMILY YMCA

Spring Pool Schedule | March 29th – June 14th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00AM	CLOSED					CLOSED						
5:30AM	LAP SWIM (5:30-7AM)											
6:00AM												
6:30AM												
7:00AM	*Limited Lap/ 1 ADA Lane (7-8AM)							LAP SWIM (7-8:30M)				
7:30AM												
8:00AM	AQUA FITNESS (8-9AM)				*LIMITED LAP (8-9:30AM)			LESSONS (8:30-12PM)				
8:30AM	*Limited Lap/ 1 ADA Lane (9-11AM)											
9:00AM												
9:30AM												
10:00AM	Lap Swim (12-1PM)				Preschool (9:30-10:30AM)							
10:30AM												
11:00AM					AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness till 12	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness till 11:30	*LIMITED LAP (11-12PM)			
11:30AM	Pool Closed SKSD (11:30-1:30)											
12:00PM						Pool Closed (1:00-3:30PM)					Lap Swim (12-1pm)	*LIMITED LAP & PRIVATES (12-1PM)
12:30PM												
1:00PM	Open Swim(3:30-5PM)										FAMILY AND OPEN SWIM (1-6:30PM)	LAP SWIM (1-2PM)
1:30PM												
2:00PM												
2:30PM												
3:00PM	Open Swim (3:30-6PM)					FAMILY AND OPEN SWIM (1-6:30PM)	Family Swim (2-3:30PM)					
3:30PM												
4:00PM												
4:30PM	Swim Team (6-8PM)					Swim Team (6-7PM)	CLOSED 6:30PM					
5:00PM								lap Swim (5-6PM)	Lessons (5-6PM)	Lap Swim (5-6PM)	Lessons (5-6PM)	Open swim till 5:30 Aqua Fitness (5:30-6PM)
5:30PM						Swim Team (6-8PM)					Family Swim (7-9PM)	
6:00PM												
6:30PM												
7:00PM	ADULT SWIM (8-9PM)					ADULT SWIM (8-9PM)		CLOSED 6PM				
7:30PM												
8:00PM												
8:30PM	ADULT SWIM (8-9PM)					ADULT SWIM (8-9PM)						
9:00PM							CLOSED 9PM					

INFORMATION

Schedule Description

- **Lap Swim***: Must be swimming from shallow end to deep end without stopping
 - **Limited Lap/ Fitness**: there will be two lap lanes available to Lap Swim* / Fitness lanes available for personal fitness can use buoys and noodles during the time
 - **Aqua Fitness**: Instructor led; No other swimming done. Patrons may use the hot tub
 - **Family Swim**: A parent needs to be in the water with the kids. Family can be 2 adults
 - May use fins and other play items with adult supervision at this time
 - **Open Swim**: anyone can come in all children under the age of 14 must be accompanied by an adult either in the water or on deck
 - Can use goggles, lifejackets, and Personal water toys
 - **Swim Lessons/Team**: No other swimming is allowed while Swim Lessons/Team are in progress. Hot tub is available for use.
- Limited Lap/ Privates: There will be two lap lanes available to Lap Swim*/ Private Lessons; ONLY Ymca affiliated instructors and their participant

Swim Team Contact:

coachvictor@salemswimclub.org

Closures

Preschool closure on fridays will be on April 3rd & 24th, May 8th & 29th

(Extended *Limited Lap/ Parent TOT on no preschool days)

The pool will close early April 19th & May 17th at 5PM

Pool will be closed on Memorial Day May 25th

Pool Rules

- Must shower before entering any water (pool / hot tub)
- Must be in swimming attire
 - No cotton material/jeans
- No running on deck, no flips of the edge, only forward diving
- No rough housing/ dunking, no shoulder rides
- Diving in deep end only
- No one under the age of 14 can be in the hot tub

Lessons

Group Lessons Tuesday

Thursday 8 30min

Lessons

Group Lessons Saturday

4 30min Lessons