



WITHNELL FAMILY YMCA

Spring Break Pool Schedule | March 22nd – March 28th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00AM	CLOSED					CLOSED	CLOSED	
5:30AM	LAP SWIM (5:30-7AM)							
6:00AM								
6:30AM								
7:00AM								
7:30AM	*Limited Lap/ 1 ADA lane (7-8AM)							
8:00AM	AQUA FITNESS (8-9AM)				*LIMITED LAP (8-9AM)			LAP SWIM (7-8:30AM)
8:30AM								
9:00AM	*Limited Lap/ 1 ADA lane (9-11AM)							LESSONS (9AM-12PM)
9:30AM								
10:00AM								
10:30AM								
11:00AM	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness (11AM-12PM)	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness (11AM-12PM)	*LIMITED LAP (11AM-12PM)			
11:30AM								
12:00PM	Lap Swim (12-12:30PM)					LAP SWIM/ PRIVATE (12-1PM)		
12:30PM	Pool Closed for YD (12:30-1:30PM)		Pool Closed for YD (12:30-1:30PM)					
1:00PM	Lap Swim till 1:30		Lap Swim till 1:30		Lap Swim till 1:30	FAMILY & OPEN SWIM (1-6:30PM)		
1:30PM	Open Swim (1:30-5PM)						LAP SWIM (1-2PM)	
2:00PM								
2:30PM								
3:00PM							Family Swim (2-3:30PM)	
3:30PM								
4:00PM								
4:30PM							Open Swim (3:30-6PM)	
5:00PM	Lap Swim (5-6PM)				Open swim till 5:30		CLOSED 6:30PM	
5:30PM					Aqua Fitness (5:30-6PM)			
6:00PM					Open Swim (6-7PM)			
6:30PM	Open Swim (6-8PM)							
7:00PM					Family Swim (7-9PM)			
7:30PM								
8:00PM	ADULT SWIM (8-9PM)		ADULT SWIM (8-9PM)					
8:30PM		OPEN SWIM TILL 9PM		OPEN SWIM TILL 9PM				
9:00PM	CLOSED 9PM							CLOSED 6PM

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

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 on Saturdays:
Four-30min Lessons

Swim Team Contact:

coachvictor@salemswimclub.org