



WITHNELL FAMILY YMCA

Summer Pool Schedule | June 12th - August 2nd

	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 (7-7:50AM)						
7:30AM													
8:00AM	AQUA FITNESS (7:55-8:55AM)				Limited Lap ends at 8:55PM		LAP SWIM (7-8:25AM)						
8:30AM													
9:00AM	Swim Team (9-10AM)						LESSONS (8:30AM-12PM)						
9:30AM													
10:00AM	Lessons (10-11AM)				Parent TOT Open to the Public (10-11AM)								
10:30AM													
11:00AM	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness (11AM-12PM)	AQUA FITNESS (11AM-12PM)	Limited Lap*/ Fitness (11AM-12PM)	Limited Lap*/ Fitness (11AM-12PM)								
11:30AM													
12:00PM	Lap Swim (12:05-1:15PM)					Lap Swim ends at 12:55PM		LAP SWIM/ PRIVATE (12-1PM)					
12:30PM													
1:00PM						Open Swim (1:30-4:55PM)					Reserved for Youth Develop 1-2PM	LAP SWIM (1-2PM)	
1:30PM													
2:00PM													
2:30PM													
3:00PM													
3:30PM													
4:00PM													
4:30PM													
5:00PM	Lap Swim (5-6PM)	Lessons (5-6PM)	Lap Swim (5-6PM)	Lessons (5-6PM)	Open Swim 'til 5:30PM	FAMILY & OPEN SWIM (1-6:30PM)	Open Swim (3:30-6PM)						
5:30PM							Aqua Fitness (5:30-6PM)						
6:00PM	Swim Team (6-7PM)					Open Swim Starts at 6PM							
6:30PM													
7:00PM	Open Swim (7:05-8:30PM)					CLOSED 6:30PM							
7:30PM													
8:00PM													
8:30PM							CLOSED 8:30PM						CLOSED 6PM

Find Closures on backside

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/Private**: 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

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 Sessions

Private Lessons on Saturdays:
1 Session is 30min

Group Lessons Monday-Thursday:
Four-30min Sessions

Group Lessons Tuesday/ Thursday:
Eight- 30min Sessions

Closures

Pool Closed 4th of July

Pool closed early on June 14th, July 12th, and August 2nd at 5PM

Pool closed for Youth Development use 1-2PM on Fridays