



WITHNELL FAMILY YMCA

Summer Pool Schedule | August 2nd – August 30th

	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 (7–7:50AM)				*Limited Lap (7–10:50AM)	Lap Swim (7–8:25aM)	
7:30AM							
8:00AM	Aqua Fitness (7:55–8:55AM)						
8:30AM							
9:00AM	Adult Swim (no lane lines) (8:55–9:20AM)					Lessons (8:30AM–12PM)	
9:30AM	Lessons (9:30–11AM)						
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*/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)		
1:30PM							
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM							
4:30PM							
5:00PM	Lap Swim (5–6:30PM)	Lessons (5–6:30PM)	Lap Swim (5–6:30PM)	Lessons (5–6:30PM)	Open Swim 'til 5:30PM		Open Swim (3:30–6PM)
5:30PM					Aqua Fitness (5:30–6PM)		
6:00PM					Open Swim Starts at 6PM		
6:30PM	Open Swim (6:45–8:30PM)					Closed 6:30PM	Closed 6PM
7:00PM							
7:30PM							
8:00PM							
8:30PM	Closed 8:30PM						

Find closures on backside

Pool Schedule Descriptions

- **Lap Swim** – Must be swimming from shallow end to deep end without stopping. ADA access is available.
- **Limited Lap/Fitness** – There will be two lap lanes available to Lap Swim. Fitness lanes available for personal fitness (can use buoys and noodles). ADA access is available.
- **Aqua Fitness** – Instructor led; no other swimming allowed. Patrons may use the spa.
- **Open Swim** – Anyone may come. All children under the age of 14 must be accompanied by an adult either in the water or on deck. Children in life vest will have adult in water with them.
- **Family Swim** – A parent needs to be in the water with the kids.
- **Swim Lessons/Team** – No other swimming is allowed while Swim Lessons/Team are in progress. Spa 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/spa)
- Must be in swimming attire
 - No cotton material/jeans
- Diving in deep end only
- No one under the age of 14 may be in the spa
- Behavior:
 - No running on deck
 - No flips of the edge (forward diving only)
 - No rough housing, dunking, shoulder rides

Lessons

Group Lessons on Saturdays:

4x/month - 30min Lesson

Group Lessons:

Monday through Thursday

4x/month - 30min Lesson

Group Lessons:

Tuesdays & Thursdays

8x/month - 30min Lesson

Private Lessons on Saturdays:

1 Session is 30min Lesson

Closures

August 2nd Pool closed early at 5PM

August 28th Pool closed 10am-11:30AM

Every Friday Pool closed for Youth Development use 1-2PM