



	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/FITNESS (7-7:50AM)					LAP SWIM (7-8:25AM)	
7:30AM							
8:00AM	AQUA FITNESS (8-9AM)				LIMITED LAP (8-9AM)	LESSONS (8:30-12:30PM)	
8:30AM							
9:00AM	LIMITED LAP/FITNESS (9-10:55AM)						
9:30AM							
10:00AM							
10:30AM							
11:00AM	AQUA FITNESS (11AM-12PM)	SELF LED AQUA FITNESS (11AM-12PM)	AQUA FITNESS (11AM-12PM)	SELF LED AQUA FITNESS (11AM-12PM)	PARENT TOT OPEN TO THE PUBLIC (11-12PM)		
11:30AM							
12:00PM	LAP SWIM (12:05-1:15PM)					OPEN SWIM (1-5:30PM)	
12:30PM							
1:00PM							
1:30PM	POOL CLOSED (1:30-3:30PM)						LAP SWIM (1-2:15PM)
2:00PM							
2:30PM							
3:00PM	OPEN SWIM (3:30-5PM)					FAMILY & OPEN SWIM (2:30-5PM)	
3:30PM							
4:00PM							
4:30PM							
5:00PM	LAP SWIM (5-6PM)	Lessons (5-6PM)	LAP SWIM (5-6PM)	Lessons (5-6PM)	OPEN SWIM TILL 5:30	CLOSED 5PM	
5:30PM					AQUA FITNESS (5:30-6PM)		
6:00PM	SWIM TEAM SALEM SWIM CLUB (6-8PM)						
6:30PM							
7:00PM						ENDS AT 7PM	
7:30PM						OPEN SWIM STARTS AT 7PM	
8:00PM	OPEN SWIM (8-8:30PM)					CLOSED 5:30PM	
8:30PM	CLOSED 8:30PM						
9:00PM							

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.

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:

Tuesdays & Thursdays

8x/month - 30min Lesson

Private Lessons on Saturdays:

1 Session is 30min Lesson

Closures

September 7th.....Labor Day - Whole building closed
September 13th.....Pool closed early at 4:30PM
September 19th.....Pool closed early at 6PM
November 25th.....Pool closed 10am-11:30AM
November 26th.....Thanksgiving - Whole building closed