WITHNELL FAMILY YMCA

FALL POOL SCHEDULE | NOVEMBER 16 – DECEMBER 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	CLOSED						
5:30AM	LAP SWIM (5:30–7AM)					CLOSED	
6:00AM							
6:30AM							
7:00AM	LIMITED LAP/FITNESS (7–7:55AM)					LAP SWIM (7–8:25AM)	
7:30AM							
8:00AM	AQUA FITNESS (8–9AM)	ARTHRITIS CLASS (8–9AM)	AQUA FITNESS (8–9AM)	ARTHRITIS CLASS (8–9AM)			
8:30AM						LIMITED LAP/LESSONS (8:30–9AM)	
9:00AM	LIMITED LAP/FITNESS (9:05–10:55AM)					PARENT-TOT LESSONS (9–10AM)	
9:30AM							
10:00AM						GROUP LESSONS (10AM–12PM)	
10:30AM							
11:00AM	AQUA FITNESS (11AM–12PM)	SELF LED AQUA FITNESS (11AM–12PM)	AQUA FITNESS (11AM–12PM)	SELF LED AQUA FITNESS (11AM–12PM)	LIMITED LAP/OPEN SWIM (11AM–12PM)		
11:30AM							
12:00PM	LAP SWIM (12:05–1:00PM)					LIMITED LAP/PRIVATE LESSONS (12–1PM)	
12:30PM							
1:00PM	POOL CLOSED (1:00–3:00PM)					OPEN SWIM (1–5:30PM)	LAP SWIM (1–2:00PM)
1:30PM							
2:00PM							
2:30PM							FAMILY & OPEN SWIM (2:15–5PM)
3:00PM	OPEN SWIM (3–4PM)			OPEN SWIM (3–4:55PM)	OPEN SWIM (3–4PM)		
3:30PM							
4:00PM	NSHS SWIM TEAM (4–5:30PM) NOV 16, 2026 - FEB 14, 2027				NSHS SWIM TEAM (4–5:30PM)		
4:30PM							
5:00PM				LAP SWIM STARTS AT 5PM			CLOSED 5PM
5:30PM	LAP SWIM (5:30–6PM)				AQUA FITNESS (5:30–6PM)	CLOSED 5:30PM	
6:00PM	SWIM TEAM SALEM SWIM CLUB (6–8PM)						
6:30PM					ENDS AT 7PM		
7:00PM					OPEN SWIM STARTS AT 7PM	POOL RENTALS AVAILABLE SATURDAYS 5:30–7PM & SUNDAYS 5–7PM (EXCEPT 1ST SUNDAY OF EVERY MONTH)	
7:30PM							
8:00PM	OPEN SWIM (8–8:30PM)						
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.
- **Arthritis Class** – Instructor led. Gentle, low impact water exercise for arthritis, chronic pain or limited mobility.
- **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.
- **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.
- **NSHS Swim Team** – North Salem High School practices Nov 16 to Feb 14. No other swimming is allowed while Swim Team is in progress.

Pool Rules

- Must shower before entering the pool
- Must be in swimming attire
  - No cotton material/jeans
- Diving in deep end only
- Behavior:
  - No running on deck
  - No flips off the edge (forward diving only)
  - No rough housing, dunking, shoulder rides

Lessons

Group Lessons on Saturdays:

4x/month - 30min Lesson

Weekday Group Lessons:
Thursday ONLY starting Dec. 3

4x/month - 30min Lesson

Private Lessons on Saturdays:

1 Session is 30min Lesson

Swim Team Contact

coachvictor@salemswimclub.org

Closures

November 25th.....Pool closed for the day at 3PM
November 26th.....Thanksgiving - Whole building closed
December 3, 10, 17.....Pool closed between 12-1PM