

# Member Benefits

## SALEM YMCA



We build strong kids, strong families, strong communities.

**Schedule for  
September 6  
to  
October 31**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Swim</b>	11:15am-2:00pm <u>Small Pool</u>	2:00-3:00pm Big Pool	11:15am-12:00pm <u>Small Pool</u>	2:00-3:00pm Big Pool	11:15am-12:00pm <u>Small Pool</u> 5:00-6:00 pm <u>Small Pool</u>	3:30-5:00pm <u>Small Pool</u> 5:00-6:45pm Big Pool	3:30-5:00pm <u>Small Pool</u> 11:00-12:00pm Big Pool
<b>Lap Swim (Big Pool only)</b>	5:00-9:15am 6 lanes 9:15-11:30am 2 lanes 11:30am-4:30pm 4 lanes 4:30-6:30pm 2 lanes 6:30-9:45pm 4 lanes	5:00-5:30am 6 lanes 5:30-7:30am 4 lanes 7:30am-4:30pm 4 lanes 4:30-6:30pm 2 lanes 6:30-9:45pm 4 lanes	5:00-9:15am 6 lanes 9:15-11:30am 2 lanes 11:30am-4:30pm 4 lanes 4:30-6:30pm 2 lanes 6:30-9:45pm 4 lanes	5:00-9:15am 6 lanes 9:15-11:30am 2 lanes 11:30am-4:30pm 4 lanes 4:30-6:30pm 2 lanes 6:30-9:45pm 4 lanes	5:00-9:15am 6 lanes 9:15-11:30am 2 lanes 11:30am-4:30pm 4 lanes 4:30-6:30pm 2 lanes 6:30-9:45pm 4 lanes	6:00-8:30am 6 lanes 8:30am-12:00pm 2 lanes 12:00-6:45pm 4 lanes	7:00-10:00am 6 lanes 10:00am-6:45pm 4 lanes
<b>Open Rec.</b>	3:30-4:30pm 6:30-8:30pm Big Pool	3:00-4:30pm 6:30-8:00pm Big Pool	3:00-4:30pm Big Pool	3:00-4:30pm Big Pool	3:00-4:30pm 6:30-8:00pm Big Pool	12:00-5:00pm Big Pool	10:00am-3:00pm Big Pool
<b>Water Aerobics</b>	9:20-10:20am 10:30-11:20am Big Pool 6:00-7:00pm <u>Small Pool</u>	6:30-7:30pm <u>Small Pool</u>	9:20-10:20am 10:30-11:20am Big Pool 6:00-7:00pm <u>Small Pool</u>	6:30-7:30pm <u>Small Pool</u>	9:20-10:20am 10:30-11:20am Big Pool 6:00-7:00pm <u>Small Pool</u>	<b>SELF THERAPY TIME SMALL POOL</b> Monday/Wednesday/Friday 12:00 - 1:00pm Saturdays and Sundays 2:00 - 3:30pm	

**Schedule is subject to change.**

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## SALEM YMCA

### Salem YMCA

One Sewall Street  
Salem, MA 01970  
978.744.0351

[www.northshoreymca.org](http://www.northshoreymca.org)

### Hours of Operation

#### Monday-Friday

5:00am to 10:00pm

#### Saturday

6:00am to 7:00pm

#### Sunday

7:00am to 6:00pm

### Babysitting Hours

*(free with family membership)*

#### Monday-Saturday

8:30am to 1:30pm

#### Monday-Wednesday

5:00pm to 7:30pm

#### Thursday

4:15pm to 7:30pm

### Question or comments about this schedule?

Contact:

Charity Lezama

Interim Aquatics Director

[lezamac@northshoreymca.org](mailto:lezamac@northshoreymca.org)



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October 31

### Pool Schedule Descriptions

- Lap Swim times are for adults looking to swim laps.
- Aqua Aerobics is open to all members at no additional cost.
- Open rec. is for members and non-members to use the aquatic facility for recreation.
- Family swim is strictly for families to enjoy water time together. Adults must be in the pool.

At times, the pool may be divided so that more than one activity may take place. Please be respectful of others using the facility. If you have any other questions while using the pool at the YMCA, please don't hesitate to speak with the lifeguard on duty.

### Pool rules

- All swimmers must have a bathing suit and they must take a shower before entering the pool.
- Shoulder length hair must be tied back or put in a bathing cap
- Children under the age of 6 must have a parent or guardian in the water with them during rec. swims.
- Children under the age of 10 must have a parent or guardian on deck with them during rec. swims.
- Family Swim is for parents/guardians to enjoy pool time together. You may not watch your children from the deck during Family Swim.

### **BIRTHDAY PARTIES!!! ASK HOW TO RENT THE POOL FOR YOUR BIRTHDAY PARTY!**

The small pool can be rented on Saturdays and Sundays for pool parties. We will have music, toys, races, and events. Call the Aquatics Director, Charity Lezama, today for all the details.

Go to [www.northshoreymca.org](http://www.northshoreymca.org) for Group Exercise, Pool and Gym schedules