

# Member Benefits

## SALEM YMCA



We build strong kids, strong families, strong communities.

Schedule for  
March 1st  
To  
April 30th

|                                     | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|-------------------------------------|--|--|--|--|---|---|---|
| <b>Family Swim</b>                  | 11:15a - 12:00p<br><u>Small Pool</u>   | 2:00-3:00p<br>Big Pool   | 11:15a-12:00p<br><u>Small Pool</u>   | 2:00-3:00p<br>Big Pool   | 11:15a- 12:00p<br><u>Small Pool</u><br><br><u>Music Swim 5:00- 6:00p</u>  | 3:30-5:00p<br><u>Small pool</u><br><br>5:00-6:45p<br>Big Pool   | 3:30-5:00p<br><u>Small pool</u><br><br>11:00-12:00pm<br>Big Pool                                      |
| <b>Lap Swim<br/>(Big pool only)</b> | 5:00 - :915a<br>4 lanes<br>9:15 - 11:30a<br>2 lanes<br>11:30a - 12:30p<br>4 lanes<br>12:30-2:00p<br>4 lanes<br>2:00-3:00p<br>4 lanes<br>3:00-4:30p<br>3 lanes<br>4:30-6:30<br>2 lanes<br>6:30-9:45p<br>4 lanes | 5:00-6:00a<br>6 lanes<br>6:00-12:30p<br>4 lanes<br>12:30-2:00p<br>4 lanes<br>2:00-3:00p<br>4 lanes<br>3:00-4:30p<br>3 lanes<br>4:30-6:30<br>2 lanes<br>6:30-9:45p<br>4 lanes | 5:30 - 6:00a 6 lanes<br>6:30 - 9:20a 4 lanes<br>9:15- 11:30a<br>2 lanes<br>11:30a - 12:30p<br>4 lanes<br>12:30-2:00p<br>4 lanes<br>2:00-3:00p<br>4 lanes<br>3:00-4:30p<br>3 lanes<br>4:30-6:30<br>2 lanes<br>6:30-9:45p<br>4 lanes | 5:00-11:30a<br>6 lanes<br>11:30-12:30p<br>4 lanes<br>12:30-2:00p<br>4 lanes<br>2:00-3:00p<br>4 lanes<br>3:00-4:30p<br>3 lanes<br>4:30-6:30<br>2 lanes<br>6:30-9:45p<br>4 lanes | 5:00 - 9:15a<br>6 lanes<br>5:30 - 6:30a 3 lanes<br>6:30 - 9:20a 6 lanes<br>9:15- 11:30a<br>2 lanes<br>11:30a - 12:30p<br>4 lanes<br>12:30-2:00p<br>4 lanes<br>2:00-3:00p<br>4 lanes<br>3:00-4:30p<br>3 lanes<br>4:30-6:30<br>2 lanes<br>6:30-9:45p<br>4 lanes | 6:00 - 8:30a<br>6 lanes<br>8:30a- 12:00p<br>2 lanes<br>12:00 - 2:00ps<br>2 lane<br>2:00-5:00p<br>3 lanes<br>5:00-6:45p<br>4 lanes | 7:00a -11:00p<br>6 lanes<br>11:00-12:00<br>4 lanes<br>12:00- 3:30p<br>3 lane<br>3:30-5:45p<br>2-lanes |
| <b>Open Rec</b>                     | 3:00-4:30p<br>Big Pool<br>6:30- 8:00P  | Big Pool<br>3:00-4:30p<br>6:30 -8:00p  | 3:00 - 4:30p<br>Big Pool   | Big Pool<br>3:00-4:30  | 3:00 -4:30p<br>Big Pool<br><br>6:30 -8:00p  | 12:00 - 5:00p<br>Big Pool   | 10:00 to 3:00<br>Big Pool   |
| <b>Water<br/>Aerobics</b>           | 9:20- 10:20a<br>Big Pool<br>10:30a- 11:20a<br>Big Pool<br>6:00- 7:00p<br><u>Small Pool</u>   | 6:30 - 7:30p<br><u>Small Pool</u>  | 9:20 - 10:20a<br>Big Pool<br>10:30- 11:20a<br>Big Pool<br>6:00 - 7:00p<br><u>Small Pool</u>  | 6:30 - 7:30p<br><u>Small Pool</u>  | 9:20a - 10:20a<br>Big Pool<br>10:30 - 11:20a<br>Big Pool<br>6:00 - 7:00p<br><u>Small Pool</u>   | <b>SELF THERAPY TIME<br/>SMALL POOL<br/>M-W-F'S 11:15a TO12:00<br/>SATURDAYS AND SUNDAYS<br/>2:00 TO 3:30</b>                     |   |

Schedule is subject to change.

Music swim in the small pool will be every Friday night. 5:00pm-6:00pm

# Member Benefits

## 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:

Jed Koehler

Aquatics Director

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



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### 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 so 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 about any questions or concerns you may have.

**This schedule is subject to change.**

### 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 Swims.

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

Please contact the Front Desk at 744.0351 for details and more information.

### **BIRTHDAY PARTIES!!! ASK HOW TO RENT THE POOL FOR YOUR LITTLE ONES 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 Jed Koehler today for all the details.