

# SMALL POOL SCHEDULE

## SALEM YMCA

| Monday                                | Tuesday                       | Wednesday                            | Thursday                      | Friday                                | Saturday                             | Sunday                               |
|---------------------------------------|-------------------------------|--------------------------------------|-------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|
| 9:00-11:00<br>Swim<br>Lessons         |                               | 9:00-11:00<br>Swim<br>Lessons        |                               | 9:00-11:00<br>Swim<br>Lessons         | 8:45-<br>12:00<br>Swim<br>Lessons    |                                      |
| 11:15-12:00<br>Family Swim            |                               | 11:15-12:00<br>Family Swim           |                               | 11:15-<br>12:00<br>Family<br>Swim     |                                      |                                      |
|                                       |                               |                                      |                               |                                       | 1:00-2:00<br>Birthday<br>Parties     | 1:00-2:00<br>Birthday<br>Parties     |
| 12:00-1:00<br>Aqua<br>Therapy<br>Time |                               | 12:00-1:00<br>Aqua Ther-<br>apy Time |                               | 12:00-1:00<br>Aqua<br>Therapy<br>Time | 2:00-3:30<br>Aqua<br>Therapy<br>Time | 2:00-3:30<br>Aqua<br>Therapy<br>Time |
|                                       |                               |                                      |                               |                                       |                                      |                                      |
| 3:00-6:00<br>Swim<br>Lessons          | 3:00-6:00<br>Swim<br>Lessons  | 3:00-6:00<br>Swim<br>Lessons         | 3:00-6:00<br>Swim<br>Lessons  | 3:00-6:00<br>Swim<br>Lessons          |                                      |                                      |
|                                       |                               |                                      |                               | 5:00-6:00<br>Family<br>Swim           | 3:30-5:00<br>Family<br>Swim          | 3:30-<br>5:00<br>Family<br>Swim      |
| 6:00—7:00<br>Aqua<br>Aerobics         | 6:30-7:30<br>Aqua<br>Aerobics | 6:00—7:00<br>Aqua<br>Aerobics        | 6:30-7:30<br>Aqua<br>Aerobics | 6:00—7:00<br>Aqua<br>Aerobics         |                                      |                                      |
|                                       |                               |                                      |                               |                                       |                                      |                                      |
|                                       |                               |                                      |                               |                                       |                                      |                                      |
|                                       |                               |                                      |                               |                                       |                                      |                                      |

### Small Pool Schedule Winter 2011-2012

Schedule Begins Monday, November 2 and is subject to change

Multiple activities are often scheduled in this pool at the same time.

#### Swim Lessons

The Salem Y small pool offers the best environment for teaching young children to swim. Come experience this safe, small, and warm (86 degree) pool maintained to meet the needs of our youngest members.

#### Family Swim

Children are accompanied in the water by a parent or guardian. Children in bubbles swim only in the shallow end.

#### Self Therapy

Adult therapeutic exercise time is for adults looking for gentle exercise in our warm pool. Aqua belts, noodles, and step are available for use. No lap swimming during this time. The warm pool with a graduated depth from 3 to 9 feet provides therapeutic exercise time in a quiet and private setting.

#### Aqua Aerobics

These classes are deep water exercise classes, free to members. Participants may use aqua belts available at the pool.

#### Birthday Parties

The small pool can be rented on Saturdays and Sundays for pool parties. Pool birthday parties include an hour of swim time and an hour in one of our party rooms.

For special events or birthday celebrations our pool is a great place to celebrate!



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

SALEM YMCA  
WINTER 2011-2012

| Monday  | Tuesday                                     | Wednesday   | Thursday                                    | Friday  | Saturday   | Sunday   |
|---|---|---|---|---|--|--|
| 5:00-9:00<br>Adult Lap<br>6 Lanes   | 5:00-5:30<br>Adult Lap<br>6 Lanes           | 5:00-9:00<br>Adult Lap<br>6 Lanes   | 5:00-5:30<br>Adult Lap<br>6 Lanes           | 5:00-9:00<br>Adult Lap<br>6 Lanes   | 6:00-8:00<br>Adult Lap<br>6 Lanes                    | 7:00-9:00<br>Adult Lap<br>4 Lanes              |
|   | 5:30-6:30<br>Adult Lap<br>2 Lanes           |   | 5:30-6:30<br>Adult Lap<br>2 Lanes           |   | 8:00-8:45<br><b>Power Pump<br/>Aqua<br/>Aerobics</b> | 7:00-9:00<br>Swim<br>Team                      |
| 9:00-11:30<br>Adult Lap<br>2 Lanes  | 5:30-6:30<br>Bishop<br>Fenwick<br>Swim Team | 9:00-11:30<br>Adult Lap<br>2 Lanes  | 5:30-6:30<br>Bishop<br>Fenwick<br>Swim Team | 9:00-11:30<br>Adult Lap<br>2 Lanes  | 8:00-12:00<br>Adult Lap<br>2 Lanes                   |  |
| 9:20-10:20<br><b>Shallow<br/>Water Aqua<br/>Aerobics<br/>10:20-11:20<br/>Deep Water<br/>Aqua<br/>Aerobics</b> | 6:30 am-3:30<br>pm<br>Adult Lap<br>6 Lanes  | 9:20-10:20<br><b>Shallow<br/>Water Aqua<br/>Aerobics<br/>10:20-11:20<br/>Deep Water<br/>Aqua<br/>Aerobics</b> | 6:30 am-3:30<br>pm<br>Adult Lap<br>6 Lanes  | 9:20-10:20<br><b>Shallow<br/>Water Aqua<br/>Aerobics<br/>10:20-11:20<br/>Deep Water<br/>Aqua<br/>Aerobics</b> | 8:45-12:00<br>Swim Les-<br>sons                      | 9:00-1:30<br>Adult Lap<br>6 Lanes              |
| 11:30-3:00<br>Adult Lap<br>6 Lanes  |   | 11:30-3:00<br>Adult Lap<br>6 Lanes  |   | 11:30-3:00<br>Adult Lap<br>6 Lanes  | 12:00-7:00<br>Adult Lap<br>4 Lanes                   | 1:30-3:00<br>Adult Lap<br>2 Lanes              |
| 3:00-4:30<br><b>Open Rec</b>  | 3:00-4:30<br><b>Open Rec</b>                | 3:00-4:30<br><b>Open Rec</b>  | 3:00-4:30<br><b>Open Rec</b>                | 3:00-4:30<br><b>Open Rec</b>  | 12:00-7:00<br><b>Open Rec</b>                        | 1:30-3:00<br>Bishop<br>Fenwick<br>Swim<br>Team |
| 3:30-6:30<br>Adult Lap<br>2 Lanes   | 3:30-6:30<br>Adult Lap<br>2 Lanes           | 3:30-6:30<br>Adult Lap<br>2 Lanes   | 3:30-6:30<br>Adult Lap<br>2 Lanes           | 3:30-6:30<br>Adult Lap<br>2 Lanes   |  | 3:00-5:45<br>Adult Lap<br>4 Lanes              |
| 4:30-6:30<br>Swim Team  | 4:30-6:30<br>Swim Team                      | 4:30-6:30<br>Swim Team  | 4:30-6:30<br>Swim Team                      | 4:30-6:30<br>Swim Team  |  | 3:00-5:30<br><b>Open Rec</b>                   |
| 6:45-8:45<br>Adult Lap<br>2 Lanes   | 6:45-8:45<br>Adult Lap<br>2 Lanes           | 6:45-8:45<br>Adult Lap<br>2 Lanes   | 6:45-8:45<br>Adult Lap<br>2 Lanes           | 6:45-9:45<br>Adult Lap<br>6 Lanes   |  |  |
| 6:45-8:45<br>Masco Swim<br>Team   | 6:45-8:45<br>Masco Swim<br>Team             | 6:45-8:45<br>Masco Swim<br>Team   | 6:45-8:45<br>Masco Swim<br>Team             |   |  |  |
| 8:45-9:45<br>Adult Lap<br>6 Lanes   | 8:45-9:45<br>Adult Lap<br>6 Lanes           | 8:45-9:45<br>Adult Lap<br>6 Lanes   | 8:45-9:45<br>Adult Lap<br>6 Lanes           |   |  |  |
|   |   |   |   |   |  |  |
|   |   |   |   |   |  |  |

## Main Pool Schedule Winter 2011-2012

Schedule Begins Monday, November 2 and is subject to change

High School Swim teams begin November 28th

Multiple activities are often scheduled in this pool at the same time.

### Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

### Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

### Speed

Please try to choose a lane with swimmers that most nearly match your speed.