

# Salem Family YMCA Family Pool April 2017



|                     | MONDAY                               | TUESDAY                          | WEDNESDAY                          | THURSDAY                         | FRIDAY                  | SATURDAY                         | SUNDAY |                         |
|---------------------|--------------------------------------|----------------------------------|------------------------------------|----------------------------------|-------------------------|----------------------------------|--------|-------------------------|
| 8:00am              | Open Swim                            | Open Swim                        | Open Swim                          | Open Swim                        | Open Swim               | Open Swim                        |        |                         |
| 9:00am              | Warm Water<br>Aerobics               | Hydro Pilates<br>9-9:45am        | Warm Water<br>Aerobics             | Warm Water<br>Aerobics           | Warm Water<br>Aerobics  |                                  |        |                         |
| 10:00am             | Arthritis<br>Program                 | Open Swim 10 am-<br>11:30am      | Arthritis<br>Program               | Open Swim 10<br>am-11:30am       | Arthritis<br>Program    | Swim Lessons 9-<br>11:20a        |        |                         |
| 11:00am             | Hydro-Pilates<br>11a-12p             |                                  | Hydro-Pilates 11-<br>11:45am       |                                  |                         |                                  |        |                         |
| 12:00pm             | Open Swim 12pm-<br>1:00pm            | Y Splash Program<br>11:45-1:30pm | Y Splash Program<br>11:45-1:30pm   | Y Splash Program<br>11:45-1:30pm | Open Swim 12pm-<br>1pm* | Open Swim<br>11:20am-<br>5:30pm* |        |                         |
| 1:00pm              | VA Therapy<br>Group                  |                                  |                                    |                                  |                         |                                  |        | VA Therapy<br>Group     |
| 2:00pm              | Open Swim 2pm-<br>4:20pm             | Open Swim 1:30-<br>4:00pm        | Open Swim 1:30-<br>4:00pm          | Open Swim 1:30-<br>4:00pm        | Open Swim 2-<br>8:30pm* |                                  |        | Open Swim 1-<br>5:30pm* |
| 3:00pm              |                                      |                                  |                                    |                                  |                         |                                  |        |                         |
| 4:00pm              | Swim Lessons<br>4:10-6:25p           | Swim Lessons 4:10-<br>6:25p      | Swim Lessons<br>4:10-6:25p         | Swim Lessons<br>4:10-6:25pm      |                         |                                  |        |                         |
| 5:00pm              |                                      |                                  |                                    |                                  |                         |                                  |        | Warm Water<br>Aerobics  |
| 6:00pm              | Open Swim<br>Starting at 6:40<br>pm* | Open Swim<br>starting at 7pm*    | Open Swim<br>starting at<br>6:40pm | Open Swim<br>starting at 7pm*    |                         |                                  |        |                         |
| 7:00pm              |                                      |                                  |                                    |                                  |                         |                                  |        |                         |
| 8:00pm              |                                      |                                  |                                    |                                  |                         |                                  |        |                         |
| POOL CLOSING 8:30PM |                                      |                                  |                                    |                                  |                         |                                  |        |                         |

 .-POOL CLOSED due to programming. More than one program may run at the same time.

 .-Part of the pool is reserved for scheduled swim programs. Shared swim space available.

 .-Open Swim

 \*.-Play features may be turned on for 15 minutes per hour when there are no programs or swim lessons. (At request only)

*Annual Y Splash program will be in the pool from 11:45a-1:30p on various dates throughout the month.*

*Check back of schedule for dates.*

## Pool/Facility Rules:

No running on the pool deck, pushing, shoving, rough or unsafe behavior.

There is no jumping permitted in the family pool beach area due to shallow depth.

Swimmers must shower before entering the pool. For your convenience, showers are located on the deck of each pool.

Swimsuits must be in good condition (not see-through), covering the top and bottom of the body appropriately. Dark colored t-shirts are acceptable.

People with open wounds will not be permitted to swim in the pool. Wounds must be scabbed over.

People that have had diarrhea should not swim until the condition has been resolved for 48 hours.

Children not yet toilet trained should wear swim diapers and not normal disposable diapers while swimming.

At the first sight of lightening or the sound of thunder, the pool area and showers will be closed. The lifeguard will reopen the pool area and showers 30 minutes after the last evidence of a storm.

Inflatable flotation devices, including but not limited to water wings, rings, inner tubes, rafts, are not permitted in either pool at any time.

Exercise equipment (kickboards, pull buoys, fins, hand buoys) are to be used for exercise purposes only by trained adults and lap swimmers.

The lifeguard has the authority to require any child or adult to perform the YMCA Swim Test to swim in water that is deeper than the individual's chest height. Please see the lifeguard for assistance.

**All children ages 5-12 years old must check in at the pool desk before swimming to obtain their appropriate color wristband.**

### **Salem Family YMCA Aquatic Policy: Supervision of Children Ages 12 Years and Younger**

Children ages 4 years & under must have a person age 16 or older in the water, within arms reach, to assist and supervise.

Children ages 5 to 7 years must have a person age 16 or older on the pool deck or waiting area to take responsibility for them.

Children ages 8 to 12 years must have a person age 16 or older in the facility to take responsibility for them.

**\* Y Splash Program starts March 14 and runs through May 25.**

**POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE**