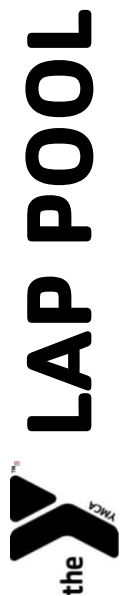


# Salem Family YMCA Lap Pool April 2017



	MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY															
LANES	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8								
5:00am													Early Risers																Early Risers																																			
6:00am																																																																
7:00am																																																																
8:00am	Shallow Aerobics									Aqua Zumba							Shallow Aerobics																																															
9:00am										Deep Aerobics																																																						
10:00am																																																																
11:00am																																																																
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■.-Pool space reserved for scheduled class. More than one program may run at the same time.

■.-Pool space reserved for paid swim programs.

□.-Open Swim

\* PLEASE NOTE: lanes may be used/marked as needed for instructional swim lessons.

## Pool/Facility Rules:

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

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

Lanes being used for programming will be marked with cones. Non-marked lanes are available for lap swimming and water exercise.

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.

### **Please note:**

**\*Open Wubit - Sunday, April 2 and April 16 from 1:30-3:30pm**

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

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