

# Salem YMCA **JANUARY** Pool Schedule

# FAMILY POOL



|                       | MONDAY                         | TUESDAY                        | WEDNESDAY                      | THURSDAY                       | FRIDAY                  | SATURDAY   | SUNDAY                        |
|-----------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-------------------------|--|-------------------------------|
| 5:00 AM               | Free Swim                      | Free Swim                      | Free Swim                      | Free Swim                      | Free Swim               | Pool Opens at 7:30am   |                               |
| 9:00 AM               | Aquabilities QUIET SWIM        | Aqua Yoga 9:45 QUIET SWIM      | Aquabilites QUIET SWIM         | Aquabilities QUIET SWIM        | Aquabilities QUIET SWIM | Swim Lessons & Water Exercise 9:30-11:30   |                               |
| 10:00 AM              | Aqua Moves QUIET SWIM          |                                | Aqua Moves QUIET SWIM          | Aqua Moves QUIET SWIM          | Aqua Moves QUIET SWIM   |  |                               |
| 11:00 AM              |                                | SWIM LESSONS                   |                                |                                | Hydropilates QUIET SWIM |  |                               |
| 12:00 PM              |                                |                                |                                |                                |                         |  | Pool Opens at 1:00pm          |
| 1:00 PM               | Free Swim                      | Free Swim                      | Free Swim                      | Free Swim                      |                         |  | 1:30-2:30 Aqua Fit QUIET SWIM |
| 2:00 PM               |                                |                                |                                |                                |                         |  | SWIM LESSONS                  |
| 3:00 PM               |                                |                                |                                |                                |                         |  |                               |
| 4:00 PM               | Swim Lessons LIMITED FREE SWIM | Family Fun Swim         | Swim Starters Swim Lessons 4:00-4:30   | Family Fun Swim               |
| 5:00 PM               |                                |                                |                                |                                |                         | Pool Closes at 5:30PM  |                               |
| 6:00 PM               |                                |                                |                                |                                |                         | Few reminders:<br>SWIM LESSON BREAK: 12/24 - 1/3<br>ages 5-12 NEEDS a wristband.<br>- A parent must be within arms reach of any child 4 and under swimming in our pools. Parent must be in a swimsuit, IN the water.<br>- There will be NO 7PM Aqua Yoga. Classes will resume in the spring. |                               |
| 7:00 PM               | Free Swim                      | Free Swim                      | Water Wellness QUIET SWIM      | Aqua Fit QUIET SWIM            |                         |  |                               |
| 8:30 PM               |                                |                                |                                |                                |                         |  |                               |
| Pool Closes at 8:30pm |                                |                                |                                |                                |                         |  |                               |

Space limited due to Programming - QUIET SWIM DURING THIS TIME

Space limited due to Swim Lessons

Free Swim - Members must follow ALL pool and facility rules. Private swim lessons may be scheduled during this time.

### 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.
- Individuals with open wounds will not be permitted to swim in the pool. Wounds must be scabbed over.
- Individuals 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.
- Lifeguards have 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.**

**YMCA of Virginia's Blue Ridge Aquatic Policy: Supervision of Children Ages 12 Years and Younger**

Children ages 4 years & under must have a person age 18 or older in the water, within arms reach, to assist and supervise.

Children ages 5 to 7 years must have a person age 18 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 18 or older in the facility to take responsibility for them.

**WATER EXERCISE CLASS DESCRIPTIONS:**

**AQUA MOVES (Arthritis):**

This fun, low intensity workout is perfect for promoting greater mobility and ease of motion. A slower pace creates an ideal environment for beginners or participants with arthritis, etc.

**AQUABILITIES (warm water aerobics):** Powerful low impact moves will get your heart pumping for a great cardio workout.

**AQUA YOGA:** Strengthen and lengthen using the same principles of a Yoga class in the warm water pool! Use gentle resistance to strengthen and tone arms, legs, and core while improving your posture as well.

**HYDROPIILATES:** This warm water class will help strengthen your core while improving your posture and increasing your flexibility.

**AQUA FIT:** Whether you're looking to get in shape, relieve stress, or simply enjoy a refreshing workout, our Aqua Fit class offers a fantastic way to achieve your fitness goals while having a good time. Challenge yourself with a dynamic aquatic workout that combines stretching, cardiovascular exercise, and strength training. No swimming ability required - friendly for all fitness levels!