

Salem YMCA JANUARY Lap Pool Schedule



	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																																																
	POOL OPENS 5:00am								POOL OPENS 5:00am								POOL OPENS 5:00am								POOL OPENS 5:00am								POOL OPENS 5:00am																																																																							
5:00 AM																																																																																																								
6:00am	Roanoke College 6:15-7:45								Masters								Roanoke College 6:15-7:45								Riptides 5:30-7:45								Masters								Roanoke College 6:15-7:45																																																															
7:00am																																																																																																								
8:00am	Water Wellness																Water Wellness																Water Wellness																Water Wellness																																																							
9:00am	Aqua Zumba								Deeply Fit at 8:45																Deeply Fit at 8:45																																																																															
10:00am									Water Wellness at 9:30																																																																																															
11:00am																																																																																																								
12:00pm																																																																																																								
1:00pm	Roanoke College 1:30-4:30																Roanoke College 2:30-4:00																Roanoke College 1:30-4:30																																																																							
2:00pm																																																																																																								
3:00pm																																																																																																								
4:00pm																																																																																																								
5:00pm	Pre-team 4:00-4:45								Riptides 4:30-7:30								Pre-team 4:30-5:15								Riptides 4:30-7:30								Pre-team 4:30-5:15								Riptides 4:30-7:30								Riptides 4:30-6:30																																																							
6:00pm																																																																																																								
7:00pm	SHS SWIM TEAM 7:15								GHS SWIM TEAM 7:45								GHS SWIM TEAM 7:45								SHS SWIM TEAM 7:45								SHS SWIM TEAM 7:15								GHS SWIM TEAM 7:45								GHS SWIM TEAM 7:45								SHS SWIM TEAM 7:15								GHS SWIM TEAM 7:30																																							
8:00																																																																																																								
Pool Closes at 7:45PM Mon - Thurs Pool Closes Friday at 8:30PM																																																																																																								
IMPORTANT DATES: RONAOKO COLLEGE: Will practice 1/1 3:30-5:30. The Lap Pool will close at 12 noon on Saturday, January 10th for a Roanoke College Swim Meet. Highschool Meet Schedule: The Lap Pool will close at 6pm on the following Tuesdays for Highschool Swim Meets 1/6, 1/13, 1/27 Lifeguard Inservice 1/20 @ 7:30pm																																																																																																								

PLEASE NOTE: lanes may be used/marked as needed for instructional swim lessons and schedule is subject to change without notice

POOL/FACILITY RULES:

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

- 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.
- 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.

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.

 Pool space reserved for paid swim programs like Master and Swim team.

 Pool space reserved for paid swim programs.

 Open Swim

 Water Exercise Classes

WATER EXERCISE CLASS DESCRIPTIONS:

WATER WELLNESS (shallow water aerobics): This low impact class requires no swimming skills and can improve flexibility, range of motion and muscle tone.

DEEPLY FIT (deep water aerobics): Athletes and beginners alike, take a plunge into this high intensity cardio and strength workout!

Aqua Zumba: Aqua Zumba is a dynamic and exhilarating aquatic fitness class that combines the lively rhythms of Latin and international music with the benefits of water-based exercise. Aqua Zumba offers an exciting and low-impact way to improve cardiovascular fitness, muscular strength, flexibility, and coordination.