



# YMCA of Salem County

## Pool Schedule – October 24<sup>th</sup> to December 16, 2011

*\*subject to change*

**Important: All children 11 years of age and younger participating in a pool activity MUST be accompanied by an adult member.**

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-9:30 AM Adult Swim	6:00-10:30 AM Adult Swim	6:00-9:00 AM Adult Swim	6:00-10:30 AM Adult Swim	6:00-9:30 AM Adult Swim	9:00-11:30 AM Swim Lessons	12:00-2:30 PM Family Swim
9:30-10:30 AM Deep Water Fitness w/ Chris	9:30-10:15 SilverSplash <b>*Beginning Nov. 15<sup>th</sup></b> w/Chris (Shallow)	9:00-10:00 AM Deep Water Fitness w/ Mary Ellen		9:30-10:30 AM Deep Water Fitness w/ Chris		
10:30 am-12:30 PM Adult Swim	10:30-11:15 AM Aqua Aerobics w/ Rachel (Shallow)	10:00-11:00 AM Shallow Water Aerobics w/ Mary Ellen	10:30-11:15 AM Aqua Aerobics w/ Rachel (Shallow)	10:15 am-12:30 PM Adult Swim	11:30 AM - 2:30 PM Family Swim	
	11:15 AM-12:30 PM Adult Swim	11:00 AM-12:30 PM Adult Swim	11:15 AM-12:30 PM Adult Swim			
12:30-1:30 PM Family Swim	12:30-1:30 PM Family Swim	12:30-1:30 PM Family Swim	12:30-1:30 PM Family Swim	12:30-1:30 PM Family Swim	<u>Adult Swim:</u> For all adult members 18 years of age and older.	
1:30-3:30 PM Closed for pool maintenance	1:30-3:30 PM Closed for pool maintenance	1:30-3:30 PM Closed for pool maintenance	1:30-3:30 PM Closed for pool maintenance	1:30-3:30 PM Closed for pool maintenance		
3:30-5:00 PM Open Swim	3:30-5:00 PM Open Swim	3:30-5:00 PM Open Swim	3:30-5:00 PM Open Swim	3:30-5:30 PM Open Swim	<u>Open Swim:</u> For all members 12 years of age and older. Lane available for lap swim.	
5:00-7:00 PM Youth Lessons ½ pool Family Swim	5:00-6:00 PM Youth Swim Lessons	5:00-6:00 PM Youth Lessons ½ pool Family Swim	5:00-6:00 PM Youth Swim Lessons	5:30-7:30 PM Swim Team Practice ½ Family Swim		
	6:00-8:00 PM Swim Team Practice ½ pool Family Swim	6:00-8:00 PM Swim Team Practice ½ pool Family Swim	6:00-8:00 PM Swim Team Practice ½ pool Family Swim			
7:00-8:30 PM Family Swim	8:00-8:30 PM Adult Swim	8:00-8:30 PM Family Swim	8:00-8:30 PM Adult Swim	7:30-8:00 PM Adult Swim	Shared Pool where noted.	