



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER/SPRING FAMILY POOL SCHEDULE

PLEASE SHOWER BEFORE SWIMMING

SWIM DIAPERS MUST BE WORN; NO DISPOSABLES

MULTIPLE ACTIVITIES ARE OFTEN SCHEDULED IN THIS POOL AT THE SAME TIME.

AGE LIMITS

For your child's safety:

- Children 5 and under must have a parent IN THE WATER with them at all times.
- Children 6-7 years old may swim without a parent in the water, but the parent must remain in the pool area at all times.
- Children 8 years and older may swim unattended during Open Swim times.

SWIM LESSONS

Lessons have a fee associated with them and you must register for these classes at the Membership Welcome Center.

Water walking is permitted during lessons as space allows.

TIME

8:00-10:45 AM
9:15-10:40 AM
10:45-12:00 PM
12:00-4:00 PM
4:00-5:00 PM
5:15-6:00 PM
5:00-7:00 PM
7:00-8:00 PM

MON

Water Walking
Y Swim Lessons
Open Swim
CLOSED
Open Swim
Aqua Power
Y Swim Lessons
Open Swim

TIME

8:00-8:45 AM
8:00-10:45 AM
9:15-10:40 AM
10:45-12:00 PM
12:00-4:00 PM
4:15-5:15 PM
5:00-6:30 PM
6:30-8:00 PM

TUES

Aquacise
Water Walking
Y Swim Lessons
Open Swim
CLOSED
Arthritis Aquacise
Y Swim Lessons
Open Swim

TIME

8:00-10:45 AM
9:15-10:40 AM
10:45-12:00 PM
12:00-4:00 PM
4:00-5:00 PM
5:15-6:00 PM
5:00-7:00 PM
7:00-8:00 PM

WED

Water Walking
Y Swim Lessons
Open Swim
CLOSED
Open Swim
H2O Tabata
Y Swim Lessons
Open Swim

TIME

8:00-8:45 AM
8:00-10:45 AM
9:15-10:40 AM
10:45-12:00 PM
12:00-4:00 PM
4:15-5:15 PM
5:00-6:30 PM
6:30-8:00 PM

THURS

Aquacise
Water Walking
Y Swim Lessons
Open Swim
CLOSED
Arthritis Aquacise
Y Swim Lessons
Open Swim

TIME

8:00-8:45 AM
8:00-10:45 AM
10:45-12:00 PM
12:00-4:00 PM
4:15-5:30 PM
4:00-8:00 PM

FRI

Aquacise
Water Walking
Open Swim
CLOSED
Y's Kids (Last Friday of the month)
Open Swim

TIME

9:00-10:30 AM
10:30-12:00 PM
12:00-1:00 PM
1:00-5:00 PM

SAT

Water Walking/Y Swim Lessons
Open Swim
CLOSED
Open Swim

TIME

1:00-5:00 PM

SUN

Open Swim

SALINA FAMILY YMCA
785.825.2151
570 YMCA Drive

www.salinaymca.org
Salina, KS 67401

WINTER/SPRING LAP POOL SCHEDULE

**** STARTING APR 10 BOGA ON
WEDNESDAYS 6:15-7:00 PM**

PLEASE SHOWER BEFORE SWIMMING

**MULTIPLE ACTIVITIES ARE OFTEN
SCHEDULED IN THIS POOL AT THE
SAME TIME.**

LANE AVAILABILITY

One lane is always open for lap swimming. Multiple lane availability varies based on activities scheduled, day, and time of day. Swimmers may need to share lanes.

SWIM LESSONS & MASTER SWIM

These classes have a fee associated with them and you must register for them at the Membership Welcome Center.

BOGAFIT

Classes are free for members and \$15 for Non-Members. You must register for classes in advance at the Membership Welcome Center.

LAP SWIMMING TIPS

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane please get the swimmer's acknowledgment that you are there.

DIRECTIONS

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in ½. The entrance of a third person immediately changes the lane to a "circle" swimming format.

SPEED

When circle swimming, please try to choose a lane with swimmers that most nearly match your swim speed.

TIME	MON	LANES
5:30-8:30 AM	Lap/WW	
8:30-9:15 AM	Aquacise	3 Lanes/ 3 Lap
9:15-10:45 AM	Lap/WW	
10:45-11:30 AM	Aqua Power	4 Lanes/ 2 Lap
11:30-1:00 PM	Lap/WW	
1:00-3:00 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
3:00-5:00 PM	SAC (2 Lanes)	3 Lap/ 1 WW
5:30-6:30 PM	Master Swim (3 Lanes)	2 Lap/ 1 Lesson
5:30-7:00 PM	Y Swim Lessons	
6:45-7:30 PM	BogaFit (2 Lanes)	Must Register
7:00-8:30 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
TIME	TUES	LANES
5:30-8:30 AM	Lap/WW	
6:30-7:15 AM	Aqua Power	
7:15-9:00 AM	Lap/WW	
9:00-9:45 AM	Boga Basics	Drop-In only
9:45-1:00 PM	Lap/WW	
1:00-3:00 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
3:00-5:00 PM	SAC (2 Lanes)	3 Lap/ 1 WW
5:30-6:30 PM	Master Swim (3 Lanes)	2 Lap/ 1 Lesson
5:30-6:30 PM	Y Swim Lessons	
6:30-8:30 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
TIME	WED	LANES
5:30-8:30 AM	Lap/WW	
8:30-9:15 AM	Aquacise	3 Lanes/ 3 Lap
9:15-10:45 AM	Lap/WW	
10:45-11:30 AM	Aqua Power	4 Lanes/ 2 Lap
11:30-1:00 PM	Lap/WW	
1:00-3:00 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
3:00-5:00 PM	SAC (2 Lanes)	3 Lap/ 1 WW
5:30-7:00 PM	Y Swim Lessons	4 Lap/ 1WW/ 1 Lesson
6:15-7:00 PM	BogaFit (2 Lanes)	Must Register
7:00-8:30 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
TIME	THURS	LANES
5:30-8:30 AM	Lap/WW	
6:30-7:15 AM	Aqua Power	
7:15-9:00 AM	Lap/WW	
9:00-9:45 AM	Boga Basics	Drop-In only
9:45-1:00 PM	Lap/WW	
1:00-3:00 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
3:00-5:00 PM	SAC (2 Lanes)	3 Lap/ 1 WW
5:30-6:30 PM	Master Swim (3 Lanes)	2 Lap/ 1 Lesson
5:30-6:30 PM	Y Swim Lessons	
6:40-7:10 PM	Aqua HIIT	
6:30-8:30 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
TIME	FRI	LANES
5:30-8:30 AM	Lap/WW	
8:30-9:15 AM	Aquacise	3 Lanes/ 3 Lap
9:30-10:15 AM	BogaFit (2 Lanes)	Must Register
9:15-10:45 AM	Lap/WW	
10:45-11:30 AM	Aqua Power	4 Lanes/ 2 Lap
11:30-1:00 PM	Lap/WW	
1:00-3:00 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
3:00-5:00 PM	SAC (2 Lanes)	3 Lap/ 1 WW
5:00-8:30 PM	Open Swim	
TIME	SAT	LANES
7:30-8:30 AM	Lap/WW	
8:30-10:30 AM	Y Swim Lessons (1)	3 Lap/ 2WW
10:30-1:30 PM	Lap/WW	
1:30-5:30 PM	Open Swim	3 Open/ 2 Lap/ 1 WW
TIME	SUN	LANES
1:00-3:00 PM	Lap/WW	
3:00-5:30 PM	Open Swim	3 Open/ 2 Lap/ 1 WW