



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SUMMER 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 Member Welcome Center.

Water walking is permitted during lessons as space allows.

TIME

8:00-10:45 AM
10:45 AM-12:00 PM
12:00-1:00 PM
1:00-3:00 PM
3:00-5:00 PM
5:00-6:45 PM
5:15-6:00 PM
6:45-8:00 PM

TIME

8:00-8:45 AM
8:00-10:45 AM
10:45a-12:00 PM
12:00-1:00 PM
1:00-3:00 PM
3:00-5:00 PM
5:00-6:30 PM
5:00-6:00 PM
6:30-8:00 PM

TIME

8:00a-10:45 AM
10:45a-12:00 PM
12:00-1:00 PM
1:00-3:00 PM
3:00-5:00 PM
5:00-6:45 PM
5:15-6:00 PM
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TIME

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TIME

8:00-8:45 AM
8:00a-10:45 AM
10:45a-12:00 PM
12:00-1:00 PM
1:00-5:00 PM
5:00-6:00 PM
6:00-8:00 PM

TIME

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

**TIME
CLOSED**

MON

WW/Y Swim Lessons
Open Swim
CLOSED
Day Camp/Open Swim
Open Swim
Y Swim Lessons
AquaPower
Open Swim

TUES

Aquacise
WW/Y Swim Lessons
Open Swim
CLOSED
Day Camp/Open Swim
Open Swim
Y Swim Lessons
Arthritis Aquacise
Open Swim

WED

WW/Y Swim Lessons
Open Swim
CLOSED
Day Camp/Open Swim
Open Swim
Y Swim Lessons
H2O Tabata
Open Swim

THURS

Aquacise
WW/Y Swim Lessons
Open Swim
CLOSED
Day Camp/Open Swim
Open Swim
Y Swim Lessons
Arthritis Aquacise
Open Swim

FRI

Aquacise
WW/Y Swim Lessons
Open Swim
CLOSED
Open Swim
WW/Lap
Open Swim

SAT

WW/Y Swim Lessons
Open Swim
CLOSED
Open Swim

SUN

SALINA FAMILY YMCA
785.825.2151
570 YMCA Drive

www.salinaymca.org
Salina, KS 67401

SUMMER LAP POOL SCHEDULE

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 Member Welcome Center.

BOGAFIT

Classes are free for members and \$15 for Non-Members. You must register for classes in advance at the Member 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 1/2. 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	Y Swim Lessons	4 Lanes/1 Lap/1 WW
10:45-11:30 AM	AquaPower	4 Lanes/2 Lap
11:30a-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
5:30-6:45 PM	Y Swim Lessons	
6:45-7:30 PM	BogaFit (2 Lanes)	Must Register
6:45-8:30 PM	Open Swim	Open/2 Lap/1 WW
TIME	TUES	LANES
5:30-8:30 AM	Lap/WW	
6:30-7:15 AM	AquaPower	3 Lanes/3 Lap
7:15-9:15 AM	Lap/WW	
9:15-10:45 AM	Y Swim Lessons	4 Lanes/1 Lap/1 WW
10:45-11:15 AM	Boga Basics (2 Lanes)	Must Register
11:15a-1:00 PM	Lap/WW	
1:00-3:00 PM	Open Swim	3 Open/2 Lap/1 WW
3:00-5:00 PM	Lap/WW	
5:00-6:30 PM	Y Swim Lessons	
5:30-6:30 PM	Master Swim	3 Lanes/2 Lap/1 Lesson
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	Y Swim Lessons	4 Lanes/1 Lap/1 WW
10:45-11:30 AM	AquaPower	4 Lanes/2 Lap
11:30a-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
5:30-6:45 PM	Y Swim Lessons	1 Lane/3 Lap/2 WW
6:15-7:00 PM	BogaFit (2 Lanes)	Must Register
6:45-8:30 PM	Open Swim	Open/2 Lap/1 WW
TIME	THURS	LANES
5:30-8:30 AM	Lap/WW	
6:30-7:15 AM	AquaPower	3 Lanes/3 Lap
7:15-9:15 AM	Lap/WW	
9:15-10:45 AM	Y Swim Lessons	4 Lanes/1 Lap/1 WW
10:45a-1:00 PM	Lap/WW	
1:00-3:00 PM	Open Swim	3 Open/2 Lap/1 WW
3:00-5:00 PM	Lap/WW	
5:00-6:30 PM	Y Swim Lessons	
5:30-6:30 PM	Master Swim	3 Lanes/2 Lap/1 Lesson
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
9:30-10:30 AM	Pre-Team	1 Lane/3 Lap/2 WW
10:45-11:30 AM	AquaPower	4 Lanes/2 Lap
11:30a-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
5:00-6:00 PM	Lap/WW	
6:00-8:30 PM	Open Swim	3 Open/2 Lap/1 WW
TIME	SAT	LANES
7:30-9:00 AM	Lap/WW	
9:00-11:00 AM	Y Swim Lessons	1 Lane/3 Lap/2 WW
11:00a-1:00 PM	Lap/WW	
1:00-5:30 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