



SALT FORK YMCA POOL SCHEDULE

Summer 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Holiday & Inclement weather may effect the Aquatics Area availability.
Please call the YMCA at 886-9622 to check on closures or swim times.

Lightning Policy: In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed
6:00 AM	-	-	-	-	-	-	-
6:30 AM	-	Deep Water 6:45am-7:30am	-	Deep Water 6:45am-7:30am	-	-	-
7:00 AM	-		-		-	-	-
7:30 AM	-	Open Swim	-	Open Swim	-	Open Swim	-
8:00 AM	Water Aerobics 8am-9am	-	Water Aerobics 8am-9am	-	Water Aerobics 8am-9am	-	-
8:30 AM		-		-		-	-
9:00 AM	Rusty Hinges 9am-10am	Rogue H2O 9am-10am	Rusty Hinges 9am-10am	Rogue H2O 9am-10am	Rusty Hinges 9am-10am	Aqua Zumba 9am-10am	-
9:30 AM							-
10:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	-
10:30 AM	-	-	-	-	-	-	-
11:00 AM	-	-	-	-	-	-	-
11:30 AM	-	-	-	-	-	-	-
12:00 PM	-	-	-	-	-	-	-
12:30 PM	-	-	-	-	-	-	-
1:00 PM	-	-	-	-	-	-	Open Swim
1:30 PM	-	-	-	-	-	-	-
2:00 PM	-	-	-	-	-	-	-
2:30 PM	-	-	-	-	-	-	-
3:00 PM	-	-	-	-	-	-	-
3:30 PM	-	-	-	-	-	-	-
4:00 PM	-	-	-	-	-	-	-
4:30 PM	-	-	-	-	-	-	-
5:00 PM	-	-	-	-	-	-	-
5:30 PM	-	-	-	-	-	Closed	Closed
6:00 PM	Deep Water	Aqua Zumba	Deep Water	Aqua Zumba	Closed		
6:30 PM	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	-	-	-
7:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	-	-	-
7:30 PM	-	-	-	-	-	-	-
8:00 PM	Closed	Closed	Closed	Closed	-	-	-

Schedule Subject to change

Rules:

Minimum age of 10 to be in the Aquatics Area by yourself, otherwise you must be accompanied by a parent or guardian age 14 or older. During classes you may only swim the width of the pool.