

workout club ^{the}

Effective

2/13/23

Salem Lap Lane Schedule



RAYS swim team practices will be held at Salem on Tuesday Feb 21st & Thursday Feb 23rd from 5pm-8:30pm, due to maintenance at the Londonderry pool. Limited lanes will be open.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30am-5:45pm 8 Lanes open	4:30am-4:30pm 8 Lanes open	9:00 – 10:00am Aquafit Lanes 7 & 8 6 Lanes open	4:30am-3:55pm 8 Lanes open	9:00 – 10:00am Aquafit Lanes 7 & 8 6 Lanes open	9:15a – 12:15p Swim Lessons Lanes 7 & 8 6 Lanes open	 9-10:30am Lanes 4-6 5 Lanes open
				10:00a-4:00p 8 Lanes open	12:15-5:30pm 8 Lanes open	10:30am-5:30pm 8 Lanes open
		4:25-6:15pm Swim Lessons Lane 1 7 Lanes open	3:55 – 6:35pm Swim Lessons Lane 1 7 Lanes open	4-6:35pm Swim Lessons Lane 8 7 Lanes open	Pool Closes 5:30pm	Pool Closes 5:30pm
5:45-6:50pm Swim Lessons Lane 1 7 Lanes open	4:30-6:30pm Swim lessons Lane 1 7 Lanes open	 4:30 – 8:30pm Lanes 3-6 4 Lanes open @6:15pm		 4:30-8:30pm Lanes 5-8 4 Lanes open @6:35pm		
6:50pm-9:30pm 8 Lanes open	6:30-9:30pm 8 Lanes open	8:30-9:30pm 8 Lanes open	6:35-9:30pm 8 Lanes open	Pool Closes 8:30pm		

Splash Zone/Family Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00-12:00pm Swim Lessons	9:00-12:00pm Swim Lessons
4:00-6:45pm Swim Lessons	4:00-6:45pm Swim Lessons	4:25-6:45pm Swim Lessons	4:00-6:15pm Swim Lessons	4:25-6:45pm Swim Lessons	 On Duty Slide open 12-4:30	 On Duty Slide open 12-4:30

*Pool Schedule is subject to change. There are ongoing private lessons and scuba classes that are held which may not appear on this schedule. Please check for lane reserved signs on the pool deck. The slide can only open when a lifeguard is on duty. Splash Zone is open when no swim lessons are present.