Salem Lap Pool Schedule

Effective 11/16/26

Lane #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Lane #
4:30 AM								4:30 AM
5:00 AM								5:00 AM
5:30 AM								5:30 AM
6:00 AM								6:00 AM
6:30 AM								6:30 AM
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM								8:00 AM
8:30 AM								8:30 AM
9:00 AM	9-11am	Aqua Fit 9-10am		Aqua Fit 9-10am		Aqua Fit 9-10am	LESSONS	9:00 AM
9:30 AM	9-11am						LESSONS	9:30 AM
10:00 AM	9-11am						LESSONS	10:00 AM
10:30 AM	LESSONS 9-11am						LESSONS	10:30 AM
11:00 AM	ANGELFISH 9-11am		LESSONS					11:00 AM
11:30 AM	ANGELFISH							11:30 AM
12:00 PM	ANGELFISH							12:00 PM
12:30 PM	ANGELFISH							12:30 PM
1:00 PM	ANGELFISH							1:00 PM
1:30 PM	ANGELFISH							1:30 PM
2:00 PM	ANGELFISH							2:00 PM
2:30 PM	ANGELFISH							2:30 PM
3:00 PM	ANGELFISH	Pinkerton 3-4:30		Pinkerton 3-4:30				3:00 PM
3:30 PM	ANGELFISH	Pinkerton 3-4:30	Pelham 3:30-5 / Alvirne 3:30-5	Pinkerton 3-4:30	Alvirne 3:30-5	Alvirne 3:30-5		3:30 PM
4:00 PM	ANGELFISH	Pinkerton 3-4:30	Pelham 3:30-5 / Alvirne 3:30-5	AFISH Pinkerton 3-4:30	Alvirne 3:30-5	Alvirne 3:30-5		4:00 PM
4:30 PM	ANGELFISH	LESSONS	Pelham 3:30-5 / Alvirne 3:30-5	AFISH	Pelham 4:30-6 / Alvirne 3:30-5	ANGELFISH Alvirne 3:30-5		4:30 PM
5:00 PM	ANGELFISH		AFISH	AFISH	Pelham 4:30-6	ANGELFISH		5:00 PM
5:30 PM	Pool Closed		AFISH	AFISH		ANGELFISH	Pool Closed	5:30 PM
6:00 PM		LESSONS Windham 6-7:30	AFISH	AFISH		ANGELFISH		6:00 PM
6:30 PM		LESSONS Windham 6-7:30	AFISH	AFISH		ANGELFISH		6:30 PM
7:00 PM		Windham 7-8:30	AFISH	AFISH	Windham 7-8:30	ANGELFISH		7:00 PM
7:30 PM		Windham 7-8:30	AFISH	AFISH	Windham 7-8:30	ANGELFISH		7:30 PM
8:00 PM		Windham 7-8:30	AFISH	AFISH 4:30-8:45	Windham 7-8:30	ANGELFISH		8:00 PM
8:30 PM			AFISH	AFISH 4:30-8:45		ANGELFISH Pool Closed		8:30 PM
9:00 PM			AFISH	AFISH 4:30-8:45		ANGELFISH		9:00 PM
9:30 PM		Pool Closed	Pool Closed	Pool Closed	Pool Closed			9:30 PM

the workout club