







the workout club

Salem




Lap Pool Schedule

Effective:

12/4/23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am  Aqua Fit Lanes 6, 7, & 8 5 Lanes open		9:00-10:00am  Aqua Fit Lanes 6, 7, & 8 5 Lanes open		9:00-10:00am  Aqua Fit Lanes 6, 7, & 8 5 Lanes open	9:15a - 11:40p Swim Lessons Lanes 1 & 2 6 Lanes open	9:00-9:45am Swim Lessons Lane 1 7 Lanes open
3:00-4:30pm Pinkerton Swim Team Lanes 2-7	3:00-4:30pm Alvirne Swim Team Lanes 5-7	3:00-4:30pm Pinkerton Swim Team Lanes 2-7	3:00-4:30pm Alvirne Swim Team Lanes 5-7	3:00-4:30pm Alvirne Swim Team Lanes 5-7	11:40-Close 8 Lanes open	 9:00-10:30am Lanes 6-8 4 Lanes open
4:00-7:00pm Swim Lessons Lane 1 & 8	4:00-7:00pm Swim Lessons Lane 1		4:55-7:00pm Swim Lessons Lane 1	3:00-4:30 Pelham High Swim Team Lanes 2-4		
	4:30-5:45pm Pelham High Swim Team Lanes 2-4	4:25-6:00pm Swim Lessons Lane 1	4:30-5:55pm Pelham High Swim Team Lanes 2-4	 4:30 - 8:30pm Lanes 5-8		
7:00pm-Close 8 Lanes open	6:00-8:00pm Windham High Swim Team Lanes 2-7	 4:30 - 8:30pm Lanes 5-8	6:00-8:00pm Windham High Swim Team Lanes 2-7			10:30am-Close 8 Lanes open
	8:00-Close 8 Lanes open	6:00-8:00pm Windham Swim Team Lanes 1-4	8:00-Close 8 Lanes open			
Pool Closes @9:30pm	Pool Closes @9:30pm	Pool Closes @9:30pm	Pool Closes @9:30pm	Pool Closes @8:30pm	Pool Closes @5:30pm	Pool Closes @5:30pm

Splash Zone/Family Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00-11:00am Moving Easy w/Millie		10:20-11:45am Swim Lessons		9:00-11:35am Swim Lessons	9:00-11:15am Swim Lessons
4:00-6:30pm Swim Lessons	4:15-6:45pm Swim Lessons	4:25-6:35pm Swim Lessons	4:20-6:35pm Swim Lessons		 On Duty 12:30-4:30pm Slide open	 On Duty 12:30-4:30pm Slide open
						
Pool Closes @9:30pm	Pool Closes @9:30pm	Pool Closes @9:30pm	Pool Closes @9:30pm	Pool Closes @8:30pm	Pool Closes @5:30pm	Pool Closes @5:30pm

*Pool Schedule is subject to change. There are ongoing private lessons, clinics 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.