



SALEM  
ATHLETIC  
CLUB

# Family Swim Times

(SAC members only)  
March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
7-11am	7-9am	7-11am	7-9am	8-9am	9am-4:30pm
12-6pm	10am-7pm	12-3:30pm	10am-7pm	12-8:30pm	

**Please shower before entering pool!**  
**Shoulder length hair should be tied back!!**

- A great way to have fun and exercise with your children!
- Parents and children may use the *large shallow lane* to play and swim.
- Please leave all other lap lanes open for Swim Lessons and Adult Swimming.
- Children are welcome to swim and play **ONLY** during Family Swim Times so as not to disrupt classes.
- Children ages 2 and older are not allowed in opposite sex locker rooms.
- Diapers are not allowed in the pool. Plastic pants or swim diapers should be worn and may be purchased at the Front Desk.



# SALEM ATHLETIC CLUB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-7am Adult Ln 1, 2, 3 & 4	4:30-7am Adult Ln 1, 2, 3 & 4	4:30-7am Adult Ln 1, 2, 3 & 4	4:30-7am Adult Ln 1, 2, 3 & 4	5:10-6am Adult Ln 1 Masters Swim Ln 2, 3 & 4	<b>Lap Lane Schedule March 2020</b>	
7-11am Family Swim Ln 1 Adult Ln 2, 3 & 4	7-9am Family Swim Ln 1 Adult Ln 2, 3 & 4	7-11am Family Swim Ln 1 Adult Ln 2, 3 & 4	7-9am Family Swim Ln 1 Adult Ln 2, 3 & 4	6-8am Adult Ln 1, 2, 3 & 4		
11am -12pm Water Fitness Ln 1, 2 & 3 Adult Ln 4	9-10am Water Fitness Ln 1, 2 & 3 Adult Ln 4	11am -12pm Water Fitness Ln 1, 2 & 3 Adult Ln 4	9-10am Water Fitness Ln 1, 2 & 3 Adult Ln 4	8-9am Family Swim Ln 1 Adults Ln 2, 3 & 4	6-8am Adult Ln 1, 2, 3 & 4	6-9am Adult Ln 1, 2, 3 & 4
12-6pm Family Swim Ln 1 Adult Ln 2, 3 & 4	10am-4pm Family Swim Ln 1 Adult Ln 2, 3 & 4	12-3:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	10am-4pm Family Swim Ln 1 Adult Ln 2, 3 & 4	9-11am NH Swim Lessons Ln 1 Adult Ln 2, 3 & 4	8-9am Water Fitness Ln 1, 2 & 3 Adult Ln 4	9-2pm Family Swim Ln 1 Adults Ln 2, 3 & 4
6-7pm Adult Ln 1 Masters Swim Ln 2, 3 & 4	4-7pm Family Swim Ln 1 Adult Ln 2, 3 & 4	3:30-6pm NH Swim Lessons Ln 1 Adults Ln 2, 3 & 4	4-7pm Family Swim Ln 1 Adult Ln 2, 3 & 4	11am -12pm Water Fitness Ln 1, 2 & 3 Adult Ln 4	9am-11pm Family Swim Ln 1 NH Swim Lessons Ln 2 Adult Ln 3 & 4	2-4pm Family Swim Ln 1 NH Swim Lessons Ln 2 Adults Ln 3 & 4
7-8:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	7-8:30pm Adult Ln 1 Masters Swim Ln 2, 3 & 4	6-7:30pm Water Fitness Ln 1, 2 & 3 Adult Ln 4	7-8:30pm Adult Ln 1 Masters Swim Ln 2, 3 & 4	12-8:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	11-4:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4	4-4:30pm Family Swim Ln 1 Adults Ln 2, 3 & 4
		7:30-8:30pm Family Swim Ln 1 Adult Ln 2, 3 & 4				

**Please Note:**

**Adult Lanes** are to be used only for water walking, lap swimming or private lessons. We make every effort to have at least one lap lane available. However, there are circumstances that occasionally require all lanes to be occupied. Lane assignments are subject to change during lessons in order to accommodate swim skills being taught.

\*Pool Closes 1/2 hour before the club Every Day.