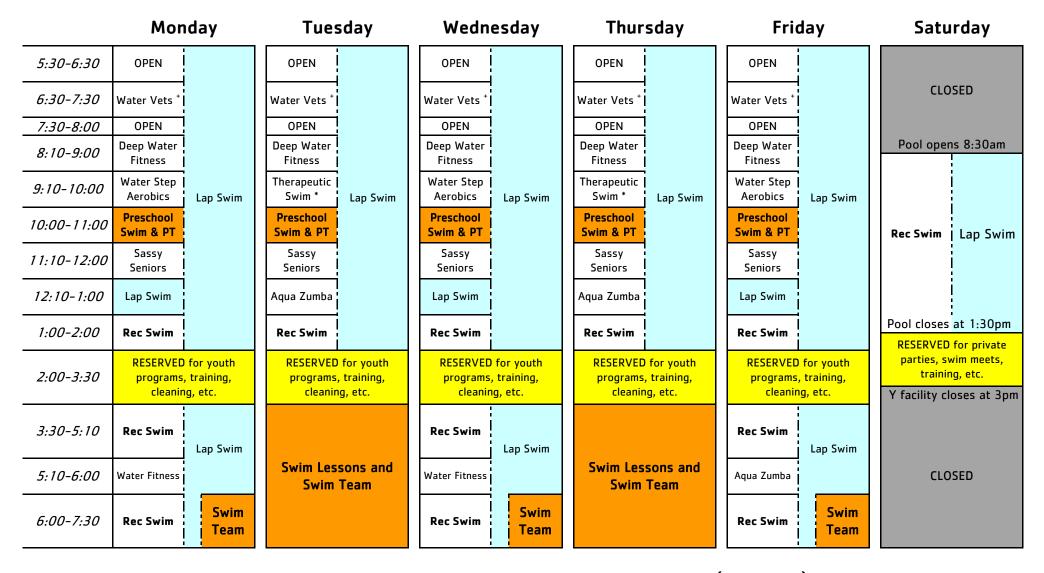
Rogue Valley Family YMCA Pool Schedule

January to February 2024



Notes: 1. This is a pool schedule only. Please ask the Welcome Center about the therapy pool (aka hot tub) schedule.

- 2. The pool is sometimes divided into two parts, one with lap lanes and one without. The chart above illustrates the two halves.
- 3. Lap Swim requires people to share a lane by sometimes circle swimming (counter clockwise). Private lanes are not available.
- 4. Rec Swim (or family swim) has toys available. Children ages 6 & under need to be with an adult, but ages 7+ are allowed solo.
- [†] 5. Water Vets is a veteran group using the pool for exercise. Please ask the lifeguard if you'd like to join.
- 6. Therapeutic Swim is space for self-directed slow moving exercise.

PT = Personal Training