

# Rogue Valley Family YMCA Pool Schedule

## January to February 2024

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
5:30-6:30	OPEN	Lap Swim	OPEN	Lap Swim	Lap Swim	OPEN	Lap Swim	Lap Swim	OPEN	Lap Swim	Lap Swim	CLOSED					
6:30-7:30	Water Vets +		Water Vets +			Water Vets +			Water Vets +					Water Vets +			
7:30-8:00	OPEN		OPEN			OPEN			OPEN			OPEN					
8:10-9:00	Deep Water Fitness		Deep Water Fitness			Deep Water Fitness			Deep Water Fitness			Deep Water Fitness					
9:10-10:00	Water Step Aerobics		Therapeutic Swim *			Water Step Aerobics			Therapeutic Swim *			Water Step Aerobics					
10:00-11:00	Preschool Swim & PT		Preschool Swim & PT			Preschool Swim & PT			Preschool Swim & PT			Preschool Swim & PT					
11:10-12:00	Sassy Seniors		Sassy Seniors			Sassy Seniors			Sassy Seniors			Sassy Seniors					
12:10-1:00	Lap Swim		Aqua Zumba			Lap Swim			Aqua Zumba			Lap Swim					
1:00-2:00	Rec Swim	RESERVED for youth programs, training, cleaning, etc.	Rec Swim	RESERVED for youth programs, training, cleaning, etc.	RESERVED for youth programs, training, cleaning, etc.	Rec Swim	RESERVED for youth programs, training, cleaning, etc.	RESERVED for youth programs, training, cleaning, etc.	Rec Swim	RESERVED for youth programs, training, cleaning, etc.	RESERVED for youth programs, training, cleaning, etc.	Pool opens 8:30am					
2:00-3:30													Rec Swim				
3:30-5:10	Rec Swim		Swim Lessons and Swim Team			Rec Swim			Swim Lessons and Swim Team			Rec Swim	Y facility closes at 3pm				
5:10-6:00	Water Fitness	Lap Swim				Water Fitness	Aqua Zumba	CLOSED									
6:00-7:30	Rec Swim					Rec Swim	Rec Swim										
		Swim Team				Swim Team	Swim Team	CLOSED									

- Notes:**
- This is a pool schedule only. Please ask the Welcome Center about the therapy pool (aka hot tub) schedule.
  - The pool is sometimes divided into two parts, one with lap lanes and one without. The chart above illustrates the two halves.
  - Lap Swim requires people to share a lane by sometimes circle swimming (counter clockwise). Private lanes are not available.
  - Rec Swim (or family swim) has toys available. Children ages 6 & under need to be with an adult, but ages 7+ are allowed solo.
  - <sup>+</sup> Water Vets is a veteran group using the pool for exercise. Please ask the lifeguard if you'd like to join.
  - <sup>\*</sup> Therapeutic Swim is space for self-directed slow moving exercise.
- PT = Personal Training