

# Rogue Valley Family YMCA Pool Schedule

## March to April 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  | 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  |                              |          | Pool opens 8:30am      |          |  |
| 9:10-10:00  | Water Step Aerobics                                   |          | Therapeutic Swim *                                    |          |   | Water Step Aerobics |   |              | Therapeutic Swim *                                    |          |   | Water Step Aerobics |                              |          | Rec Swim               | Lap Swim |  |
| 10:00-11:00 | Y Preschool Swim                                      |          | OPEN  |          |   | Y Preschool Swim    |   |              | OPEN  |          |   | Y Preschool Swim    |                              |          | Paddleboard 9:30-10:30 |          |  |
| 11:10-12:00 | Sassy Seniors   |          | Sassy Seniors   |          |   | Sassy Seniors       |   |              | Sassy Seniors   |          |   | Sassy Seniors       |                              |          | Rec Swim               |          |  |
| 12:10-1:00  | Lap Swim  |          | Aqua Zumba  |          |   | Lap Swim            |   |              | Aqua Zumba  |          |   | Lap Swim            |                              |          | Lap Swim               |          |  |
| 1:00-2:00   | Rec Swim  | Rec Swim | Rec Swim  | Rec Swim | Rec Swim  | Rec Swim            | Pool closes at 1:30pm                                 |              |   |          |   |                     |                              |          |                        |          |  |
| 2:00-3:30   | RESERVED for youth programs, training, cleaning, etc. |          | RESERVED for youth programs, training, cleaning, etc. |          | RESERVED for youth programs, training, cleaning, etc. |                     | RESERVED for youth programs, training, cleaning, etc. |              | RESERVED for youth programs, training, cleaning, etc. |          | RESERVED for youth programs, training, cleaning, etc. |                     | RESERVED for private parties |          |                        |          |  |
| 3:30-5:10   | Rec Swim  | Lap Swim | Swim Lessons  |          |   | Rec Swim            | Lap Swim  | Swim Lessons |   |          | Rec Swim  | Lap Swim            | CLOSED                       |          |                        |          |  |
| 5:10-6:00   | Water Fitness   |          |   |          |   | Water Fitness       |   |              |   |          | Aqua Zumba  |                     |                              |          |                        |          |  |
| 6:00-7:30   | Rec Swim  |          |   |          |   | Rec Swim            |   |              |   |          | Rec Swim  |                     |                              |          |                        |          |  |

- 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. OPEN is for ages 13+. Children ages 12 & younger allowed with a parent who is in the water. No pool toys allowed.
  4. Lap Swim requires people to share a lane by sometimes circle swimming (counter clockwise). Private lanes are not available.
  5. 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> 6. Water Vets is a veteran group using the pool for exercise. Please ask the lifeguard if you'd like to join.
  - <sup>\*</sup> 7. Therapeutic Swim is space for self-directed slow moving exercise.