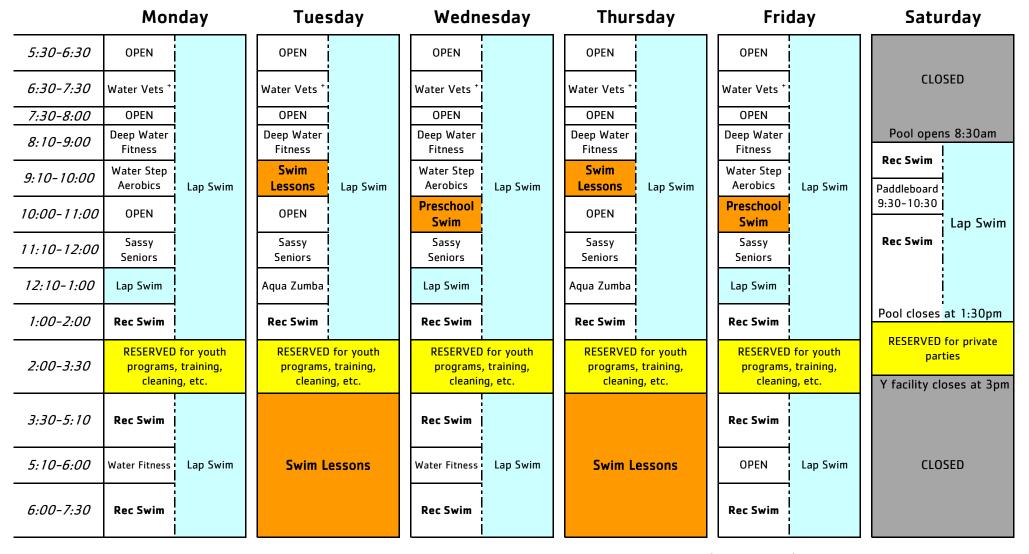
Rogue Valley Family YMCA Pool Schedule

September 2025



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 often 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.
- [†] 6. Water Vets is a veteran group using the pool for exercise. Please ask the lifeguard if you'd like to join.