

Rogue Valley Family YMCA Pool Schedule -- November 2025 to January 2026

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