

Rogue Valley Family YMCA Pool Schedule

January 2026

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.