

Rogue Valley Family YMCA Pool Schedule

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 +						Water Vets +	Pool opens 8:30am	
7:30-8:00	OPEN		OPEN	OPEN		OPEN	OPEN		Rec Swim								
8:10-9:00	Deep Water Fitness		Deep Water Fitness	Deep Water Fitness		Deep Water Fitness	Deep Water Fitness					Paddleboard 9:30-10:30					
9:10 - 9:30	Water Step Aerobics		OPEN	Water Step Aerobics		OPEN	Water Step Aerobics		Lap Swim								
9:30-10:00	OPEN		Swim Lessons	Preschool Swim		Swim Lessons	Preschool Swim					Rec Swim					
10:00-10:30			OPEN	OPEN		OPEN	OPEN		Pool closes at 1:30pm								
10:30-11:00	Sassy Seniors		OPEN	Preschool Swim		OPEN	Preschool Swim					RESERVED for private parties					
11:10-12:00			Sassy Seniors	Sassy Seniors		Sassy Seniors	Sassy Seniors		Y facility closes at 3pm								
12:10-1:00	Lap Swim	Aqua Zumba	Lap Swim	Aqua Zumba		Lap Swim	CLOSED										
1:00-2:00	Rec Swim	Rec Swim	Rec Swim	Rec Swim		Rec Swim											
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.				
3:30-5:00	Rec Swim	Lap Swim	Swim Lessons and Swim Team			Rec Swim	Lap Swim		Swim Lessons and Swim Team			Rec Swim	Lap Swim				
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																	

- 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.