

Rogue Valley Family YMCA Pool Schedule

February 2026

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday																	
5:30-6:30	OPEN	Lap Swim	OPEN	Swim Team	Lap Swim	OPEN	Lap Swim	Lap Swim	OPEN	Swim Team	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	Lap Swim		OPEN			OPEN	Lap Swim		OPEN			Pool opens 8:30am																	
8:10-9:00	Deep Water Fitness		Deep Water Fitness			Deep Water Fitness			Deep Water Fitness			Deep Water Fitness			Rec Swim																	
9:10 - 9:30	Water Step Aerobics		OPEN			Water Step Aerobics			OPEN			Water Step Aerobics																				
9:30-10:00	OPEN		Swim Lessons			Preschool Swim			Swim Lessons			Preschool Swim			Paddleboard 9:30-10:30																	
10:00-10:30			OPEN			OPEN			OPEN			OPEN			Rec Swim																	
10:30-11:00	Sassy Seniors		OPEN			OPEN			OPEN			OPEN																				
11:10-12:00			Sassy Seniors			Sassy Seniors			Sassy Seniors			Sassy Seniors			Pool closes at 1:30pm																	
12:10-1:00	Lap Swim	Aqua Zumba	Lap Swim			Aqua Zumba			Lap Swim			RESERVED for private parties																				
1:00-2:00	Rec Swim	Rec Swim	Rec Swim			Rec Swim			Rec Swim			Y facility closes at 3pm																				
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.			CLOSED																	
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	Swim Lessons and Swim Team	Rec Swim	Lap Swim	Swim Lessons and Swim Team																		
5:10-6:00	Water Fitness	Swim Team				Water Fitness	Swim Team		Water Fitness	Swim Team		Water Fitness	Swim Team																			
6:00-6:30	Rec Swim	Lap Swim				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.