

Rogue Valley Family YMCA Pool Schedule

February 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:30-6:30	OPEN										
6:30-7:30	Water Vets +										
7:30-8:00	OPEN										
8:10-9:00	Deep Water Fitness										
9:10 - 9:30	Water Step Aerobics										
9:30-10:00											
10:00-10:30	OPEN										
10:30-11:00											
11:10-12:00	Sassy Seniors										
12:10-1:00	Lap Swim										
1:00-2:00	Rec Swim										
2:00-3:30	RESERVED for youth programs, training, cleaning, etc.										
3:30-5:00	Rec Swim	Lap Swim									
5:10-6:00	Water Fitness		Swim Team								
6:00-6:30		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.