

Rogue Valley Family YMCA Pool Schedule

March 2026

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

- Notes:**
- This is a pool schedule only. Please ask the Welcome Center about the therapy pool (aka hot tub) schedule.
 - The pool is often divided into two parts, one with lap lanes and one without. The chart above illustrates the two halves.
 - OPEN is for ages 13+. Children ages 12 & younger allowed with a parent who is in the water. No pool toys allowed.
 - Lap Swim requires people to share a lane by sometimes circle swimming (counter clockwise). Private lanes are not available.
 - 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.