

Rogue Valley Family YMCA Pool Schedule

April & May 2026

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