

Rogue Valley Family YMCA Pool Schedule

July 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	Swim Lessons	Step Aerobics	Swim Lessons	Step Aerobics	
10:00-11:00	Water Volleyball	OPEN	Preschool Swim	OPEN	Preschool Swim	
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	Camp 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.	Camp Swim	
3:30-5:00	Rec Swim	Swim Lessons	Rec Swim	Swim Lessons	Rec Swim	
5:10-6:00	Water Fitness		Water Fitness		Water Fitness	
6:00-6:30	Rec Swim		Rec Swim		Rec Swim	
6:30-7:30						OPEN

- 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.