

Rogue Valley Family YMCA Pool Schedule

September & October 2026

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday									
5:30-6:30	OPEN	Lap Swim	OPEN	Lap Swim		OPEN	Lap Swim		OPEN	Lap Swim		OPEN	Lap Swim		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			Pool opens 8:30am									
9:10 - 10:00	Step Aerobics		OPEN			Step Aerobics			OPEN			Step Aerobics			Rec Swim	Lap Swim								
10:00-11:00	Water Volleyball		OPEN			Preschool Swim			OPEN			Preschool Swim			Paddleboard 9:30-10:30									
11:10-12:00	Sassy Seniors		Sassy Seniors			Sassy Seniors			Sassy Seniors			Sassy Seniors			Rec Swim									
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.			RESERVED for private parties									
3:30-5:00	Rec Swim	Lap Swim	Swim Lessons			Rec Swim	Lap Swim		Swim Lessons			Rec Swim	Lap Swim		CLOSED									
5:10-6:00	Water Fitness					Water Fitness						OPEN												
6:00-6:30	Rec Swim					Rec 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.