Rogue Valley Family YMCA Pool Schedule

November 1–15, 2026

a new schedule will be posted for Nov 16 thru Dec

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

Lap Swim

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.