Rogue Valley Family YMCA Pool Schedule — November & December 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:00	OPEN	OPEN	OPEN	OPEN	OPEN	Pool opens 8:30am
6:00-6:30	OPEN	OPEN	OPEN	OPEN	OPEN	Pool opens 8:30am
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	Pool opens 8:30am
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	Pool opens 8:30am
10:00-11:00	Water Volleyball	OPEN	Preschool Swim	OPEN	Preschool Swim	Pool opens 8:30am
11:10-12:00	Sassy Seniors	Sassy Seniors	Sassy Seniors	Sassy Seniors	Sassy Seniors	Pool opens 8:30am
12:10-1:00	Lap Swim	Aqua Zumba	Lap Swim	Aqua Zumba	Lap Swim	Pool opens 8:30am
1:00-2:00	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Pool opens 8:30am
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
3:30-4:30	Rec Swim	Swim Lessons & Swim Team	Rec Swim	Swim Lessons & Swim Team	Rec Swim	Pool closes at 1:30pm
4:30-5:00	Rec Swim	Swim Lessons & Swim Team	Rec Swim	Swim Lessons & Swim Team	Rec Swim	Pool closes at 1:30pm
5:10-6:00	Water Fitness	Swim Lessons & Swim Team	Water Fitness	Swim Lessons & Swim Team	Water Fitness	Y facility closes at 3pm
6:00-7:30	Rec Swim	Swim Lessons & Swim Team	Rec Swim	Swim Lessons & Swim Team	Rec Swim	Y facility closes at 3pm

Lap Swim: Mon 6:30-7:30 (Swim Team), Mon 7:30-1:00, Tue 6:30-1:00, Wed 6:30-1:00, Thu 6:30-1:00, Fri 6:30-1:00

Swim Team: Mon 6:30-7:30, Mon 3:30-6:00, Tue 6:30-7:30, Wed 6:30-7:30, Thu 6:30-7:30, Fri 6:30-7:30

Lap Swim: Mon 3:30-6:00, Wed 3:30-6:00, Fri 3:30-6:00

Swim Lessons & Swim Team: Tue 3:30-6:00, Thu 3:30-6:00

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. High school swim team practices are done by early February. Please welcome these student athletes.
7. + Water Vets is a veteran group using the pool for exercise. Please ask the lifeguard if you'd like to join in.