

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05am - 9:00am Deep Water Fitness Holly	8:05am - 9:00am Deep Water Fitness Holly	8:05am - 9:00am Deep Water Fitness Holly	8:05am - 9:00am Deep Water Fitness Jocelyn	8:05am - 9:00am Deep Water Fitness Holly	
9:05am - 10:00am Water Step Aerobics Holly		9:05am - 10:00am Water Step Aerobics Holly		9:05am - 10:00am Water Step Aerobics Holly	
10:05am - 10:50am Water Wellness Rikkie		10:05am - 10:50am Water Wellness Holly		10:05am - 10:50am Water Wellness Michelle	
10:15am - 11:00am Therapeutic Mobility Patricia		10:15am - 11:00am Therapeutic Mobility Patricia			
11:05am - 12:00pm Sassy Seniors Michelle	11:35am - 12:30pm Aqua ZUMBA Paula	11:05am - 12:00pm Sassy Seniors Michelle	11:35am - 12:30pm Aqua ZUMBA Paula	11:05am - 12:00pm Sassy Seniors Michelle	
12:05pm - 1:00pm Deep Water Fitness Normary		12:05pm - 1:00pm Deep Water Fitness Normary		12:05pm - 1:00pm Deep Water Fitness Normary	
5:05pm - 6:00pm Shallow Water Fitness Jocelyn		5:05pm - 6:00pm Shallow Water Fitness Jocelyn		5:05pm - 6:00pm Aqua Zumba Ellen	
Lap Swimming 5:30am - 8:00pm	Lap Swimming 5:30am - 4:00pm 7:00pm - 8:00pm	Lap Swimming 5:30am - 8:00pm	Lap Swimming 5:30am - 4:00pm 7:00pm - 8:00pm	Lap Swimming 5:30am - 8:00pm	Lap Swimming 8:30am - 11:00am 3:00pm - 7:30pm

Temperatures: the swimming pool is 84° and the therapy pool is 97°

Deep Water Fitness

Participants wear aqua jogger belts and use water weights to get a full body and cardiovascular workout.

Water Step Aerobics

Low impact step aerobics using a step and water resistance for a full body workout.

Water Wellness

Range of motion and balance exercises designed to help cope with the varied symptoms of MS, Fibromyalgia, and post-op rehabilitation. Tailored to your fitness level.

Shallow Water Fitness

Stimulating full body exercise using water resistance to achieve a vigorous workout.

Sassy Seniors

Low intensity water fitness offers a wonderful social aspect and includes stretching, flexibility, and toning exercises.

Aqua Zumba

Has the passion, music and Latin dance steps of ZUMBA. This energetic, low impact workout is easy on the joints.

Lap Swimming

One of the best non-impact work-outs. Our lap swim requires people to share a lane by circle swimming counter clockwise. Private lanes are not available.

Prenatal Fitness

Shallow Water Fitness, Water Step Aerobics, and Water Wellness classes are good choices for fitness while pregnant.

Therapeutic Mobility

A very gentle class in the therapy pool emphasizing stretching, joint mobility, range of motion and body awareness.

Therapy Pool Hours

The therapy pool is only closed for a few classes and swim lessons. **The closure times are:**

- Mon, Wed & Fri from 10:00am to 11:00am
- Tue & Thu from 9:00am to 11:30am
- Tue & Thu from 4:00pm to 7:00pm

Therapy Pool Guidelines

Open for Adult Only Time (ages 18+)

M/W/F 5:30am-10:15am, 11am-2pm, 5pm-6pm
T/TH 5:30am - 9:00am, 11:30am - 2:00pm

Open for Family Time for all ages (13+ allowed solo)

M/W/F 2:00pm - 5:00pm, 6:00pm - 8:00pm
T/TH 2:00pm - 4:00pm, 7:00pm - 8:00pm
Sat 8:30am - 11:00am, 3:00pm - 7:30pm

To learn the busy and slow times in the pool, check the pool map on back of this flyer →

Rogue Valley Family YMCA Pool Schedule

Spring 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:00						
6:00-6:30						
6:30-7:00	OPEN	OPEN	OPEN	OPEN	OPEN	
7:00-7:30						
7:30-8:00						
8:00-8:30	Deep Water Fitness	Deep Water Fitness	Deep Water Fitness	Deep Water Fitness	Deep Water Fitness	
8:30-9:00	Water Step Aerobics	Water Step Aerobics	Water Step Aerobics	Water Step Aerobics	Water Step Aerobics	
9:00-9:30	Water Wellness	Water Wellness	Water Wellness	Water Wellness	Water Wellness	
9:30-10:00	Sassy Seniors	Sassy Seniors	Sassy Seniors	Sassy Seniors	Sassy Seniors	
10:00-10:30	Deep Water Fitness	Deep Water Fitness	Deep Water Fitness	Deep Water Fitness	Deep Water Fitness	
10:30-11:00	OPEN	OPEN	OPEN	OPEN	OPEN	
11:00-11:30						
11:30-12:00						
12:00-12:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
12:30-1:00						
1:00-1:30						
1:30-2:00						
2:00-2:30	Rec Swim (toys are available)	Rec Swim (toys are available)	Rec Swim (toys are available)	Rec Swim (toys are available)	Rec Swim (toys are available)	
2:30-3:00						
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30	Shallow Water Fitness	Shallow Water Fitness	Shallow Water Fitness			
5:30-6:00						
6:00-6:30	Rec Swim (toys are available)	Rec Swim (toys are available)	Rec Swim (toys are available)			
6:30-7:00						
7:00-7:30						
7:30-8:00						

The pool opens at 8:30am on Saturdays, closed Sundays

Sat closes at 7:30pm

RESERVED for private pool parties, lifeguard training, church baptisms, swim meets, etc.

- Notes:**
1. This is a pool schedule only. See the other side for the therapy pool schedule.
 2. The pool is usually divided into two parts, one with lap lanes and one without. The chart above illustrates the two halves.
 3. OPEN means that anyone ages 13+ may use the pool. Fitness equipment is allowed but recreational toys are not.
 4. During OPEN times, children ages 12 & under must be with an adult (18+) who is also in the water.
 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. Lap Swim requires people to share a lane by circle swimming (counter clockwise). Private lanes are not available.