



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTH & WELL-BEING

Lap and Recreation Swim

January 2nd - March 23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool 84° 4 lanes							
5:30-8:00	Lap	Lap	Lap	Lap	Lap	6:00-9:00 Lap	9:00-11:00 Lap *
11:30-1:30	Lap	Lap	Lap	Lap	Lap	10:00-11:00 Lap*	
2:30 - 3:30			Rec. Swim			12:00-2:00 Lap*	12:00-2:00 Lap *
5:30-6:30	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	2:00-5:00 Rec. Swim	2:00-5:00 Rec. Swim Lap
6:30 - 7:00					Rec. Swim/ LAP*	2:00-5:00 Rec. Swim	2:00-5:00 Rec. Swim Lap
8:00-9:50	Lap	Lap	Lap	Lap	Lap	5:00-6:00 Lap	5:00-6:00 Lap
						6:00-7:50 Rec. Swim	6:00-7:50 Rec. Swim Lap
Small Pool 90° shallow pool							
3:00 - 5:00	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim	12:00- 7:50 Rec. Swim	12:00- 7:50 Rec. Swim
5:00 - 7:00					Rec. Swim	* = One lane designated for swim lessons	
7:00-8:45	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim	Rec. Swim		

Lap Swim

It's not a race, find your pace. Four lanes open, ranging from Aqua-joggers and slow swimmers to speedy swimmers. Find your lane and find yourself feeling great the rest of the day. Aqua-joggers are welcome.

Adult Lap

15 years and older. Exceptions are up to the discretion of the lifeguard on duty.

Lap Etiquette

Please choose appropriate lane for your pace. If 2 people are in a lane, please split or circle swim the lane. If 3 or more are in a lane, then everyone circle swim the lane. If lap is happening with another activity lanes will open as usage allows.

Other Programs

For information on Swim Lessons, and Swim Team, please see our lessons flyer.

Please Note

Times not listed or empty spaces indicate that there are other Y programs happening and the pool is not available.



Eugene Family YMCA

2055 Patterson Street, Eugene OR 97405

P 541 686 9622 W eugeneymca.org



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HEALTH & WELL-BEING

Aquatic Wellness Classes

January 2nd - March 23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool 84° 4 lanes							
8:00-9:00	Deep Water Wellness	Deep Water Wellness	Deep Water Wellness	Deep Water Wellness	Deep Water Wellness	9:00-10:00 Deep Water Wellness	
9:00-9:45	Gentle Water Aerobics	Mindful Motion	Gentle Water Aerobics	Mindful Motion	Gentle Water Aerobics	11:00-12:00 Circle Swim	11:00-12:00 Circle Swim
9:00-10:00	Deep Water Wellness		Deep Water Wellness		Deep Water Wellness		
10:30-11:30	Circle Swim	Circle Swim	Circle Swim w/ Natalie	Circle Swim	Circle Swim		
7:00-8:00	Deep Water Wellness	Wet 'n Wild Family Aerobics	Deep Water Wellness	Deep Water Wellness	Group Lessons		
Small Pool 90° shallow pool							
10:45-11:30	Toddler Time				Toddler Time		
11:30-12:30	Keep Moving	Arthritis Movement	Keep Moving	Arthritis Movement	Keep Moving		

Other Programs?
 Sure, lots! For information on Swim Lessons, and Swim Team, please see our lessons flyer.

Pool Availability
 Times listed are the only available times for pool use. If the time is not listed, the pool is not available.

Deep Water Wellness

Your body will love you (cardio without impact on your joints!), your spirit will thank you (great people!) and your mind will take note to come back again and again (ah, that feels GOOD!)

Circle Swim

Grab a buddy and an aqua-jog belt or swim alone at your own pace. No lap lines, no pressure; just you, some music and some others who like to get wet while getting fit!

Gentle Water Aerobics

Lap Pool, shallow end
 Dorsey and Goodman provide the background music; Y people provide the good conversation and laughs; you provide the desire to move your body and feel great!

Wet 'n Wild Family Aerobics

When you and your (age 8 and up) kids come get wet 'n' wild, we think you'll agree that family water aerobic workouts are as good for the soul as they are for the heart and muscles.

U-Can Swim

Gain physical strength and whole spirit-mind-body relaxation through weightless movement. This time, in the shallow warm water pool, is for anyone with mobility limitations. A life guard is present; if aide is needed to get in and out of the pool, or to be safe in the water, please provide a personal assistant.

Circle Swim w/ Natalie

Jump in with a fun-loving Y staff who aqua-jogs alongside you, providing encouragement, fun facts and humor. If you've never tried your workout in the water, this is a great place to start: No impact on your joints, great impact on your well-being.

Keep Moving

We want you walking, swimming, stretching and feeling great for many years to come. The pool is a great place to train the muscles and joints so you can do just that! If you're living with arthritis or looking for a gentle complement to your physical therapy program, look no further than your Y pool.

Arthritis Fitness

Warm water, warm joints, and a warm welcome to all who want to experience the healing powers of movement in water. Designed and certified by the National Arthritis Foundation

Toddler Time

A time where parents can come with their toddlers (6 months to 3 years) and enjoy time in the pool. (Cloth diapers are required.)

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