



# SMALL POOL Fall 2021 Begins September 12

2055 Patterson Street  
Eugene, OR 97405  
541 686 9622  
www.eugeneymca.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hot Tub Closed</b>					
<b>Rec. Swim by Reservation</b> 3 - 4pm	<b>Rec. Swim by Reservation</b> 3 - 4pm	<b>Rec. Swim by Reservation</b> 3 - 4pm	<b>Rec. Swim by Reservation</b> 3 - 4pm		<b>Rec. Swim by Reservation</b> 12 - 3:45pm
					<b>Sunday</b>
<b>Youth Swim Lessons</b> 4 - 6pm	<b>Youth Swim Lessons</b> 4 - 6pm	<b>Youth Swim Lessons</b> 4 - 6pm	<b>Youth Swim Lessons</b> 4 - 6pm		<b>Rec. Swim by Reservation</b> 10am - 1:45pm
<b>Rec. Swim by Reservation</b> 6 - 8:45pm	<b>Rec. Swim by Reservation</b> 6 - 8:45pm	<b>Rec. Swim by Reservation</b> 6 - 8:45pm	<b>Rec. Swim by Reservation</b> 6 - 6:45pm	<b>Rec. Swim by Reservation</b> 3 - 6:45pm	

**Aqua Jog & Water Walk** - No lanes, no pressure, aqua joggers and swimmers travel clockwise around the pool. You can also take advantage of time in the shallow end for water walking and/or therapeutic exercise.

**Aqua Zumba** - Make a splash as we combine a water-based, cardio/toning workout with Zumba rhythms and dance moves..

**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.

**Gentle Water Aerobics** - Join us in the shallow end of the lap pool for some great tunes, good conversation and a gentle workout! This class will get you moving and feeling fit with a combination of gentle cardio and light strength training.

**Hot Tub Closed** - Hot Tub closed for cleaning, each Thursday from 9am - 12:30pm.

**Lap Swim** - Jump in and get energized. Swimmers must be 15 years old, exceptions are up to the discretion of guard on duty. Please choose the appropriate lane for your pace. 2 in a lane split or circle swim. 3+ in a lane must circle swim.

**Lap Swim / Lessons** - The pool is open for lap swimming and lanes are designated for private swim lessons as needed.

**Pool Closed** - The pool is reserved for either Private Swim Lessons or swim team. The pool is not available for Lap or Rec. Swim at this time.

**Rec. Swim / Lap Swim** - The best of both worlds. Two lanes are open for Lap Swim and the other half of the pool is open for play. You must pass the swim test to use the Lap Pool. Please see Rec. Swim description for more information.

**Rec. Swim** - Come and play with us. Youth must pass a swim test in order to use the Lap Pool. Children under 4 feet tall must be accompanied by an adult. If a child requires a flotation device, an adult must stay within arm's reach. Swim diapers are required for those who are not potty trained.

**Youth Swim Lessons** - For more information on Youth Swim Lessons or to register, go to our website.

Please note that all schedules are subject to change. Download from your app or play store the Daxko Mobile app or visit our web-site for the most up-to date schedules.

**Main Facility Hours: M - W 5:30am - 9pm TH/F 5:30am - 7pm Sat 6am - 4pm Sun 9am - 2pm**



# LAP POOL

## Fall 2021

Begins September 12

2055 Patterson Street  
 Eugene, OR 97405  
 541 686 9622  
[www.eugeneymca.org](http://www.eugeneymca.org)  
[www.newymca.org](http://www.newymca.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hot Tub Closed</b>					
<b>Lap Swim</b> 5:30 - 9am	<b>Lap Swim</b> 5:30 - 9am	<b>Lap Swim</b> 5:30 - 9am	<b>Lap Swim</b> 5:30 - 9am	<b>Lap Swim</b> 5:30 - 9am	<b>Lap Swim</b> 6 - 9am
<b>Deep Water Wellness</b> Chloe 9 - 10am	<b>Deep Water Wellness</b> John 9 - 10am	<b>Deep Water Wellness</b> Chloe 9 - 10am	<b>Deep Water Wellness</b> John 9 - 10am	<b>Aqua Zumba Kali</b> 9 - 10am	<b>Aqua Jog &amp; Water Walk</b> 9 - 10am
<b>Pool Closed</b> 10 - 10:30am	<b>Pool Closed</b> 10 - 10:30am	<b>Pool Closed</b> 10 - 10:30am	<b>Pool Closed</b> 10 - 10:30am	<b>Pool Closed</b> 10 - 10:30am	<b>Lap Swim</b> 10am - 2pm
<b>Aqua Jog &amp; Water Walk</b> 10:30 - 11:30am	<b>Aqua Jog &amp; Water Walk</b> 10:30 - 11:30am	<b>Aqua Jog &amp; Water Walk</b> 10:30 - 11:30am	<b>Aqua Jog &amp; Water Walk</b> 10:30 - 11:30am	<b>Aqua Jog &amp; Water Walk</b> 10:30 - 11:30am	
<b>Lap Swim</b> 11:30am - 2pm	<b>Lap Swim</b> 11:30am - 2pm	<b>Lap Swim</b> 11:30am - 2pm	<b>Lap Swim</b> 11:30am - 2pm	<b>Lap Swim</b> 11:30am - 2pm	<b>Rec. / Lap Swim</b> 2 - 3:45pm
<b>Pool Closed</b> 2 - 5:45pm	<b>Pool Closed</b> 2 - 5:45pm	<b>Pool Closed</b> 2 - 5:45pm	<b>Pool Closed</b> 2 - 5:45pm	<b>Pool Closed</b> 2 - 5:45pm	<b>Lap Swim</b> 9 - 11am
<b>Youth Swim Lessons</b> 5:45 - 6:45pm	<b>Youth Swim Lessons</b> 5:45 - 6:45pm	<b>Youth Swim Lessons</b> 5:45 - 6:45pm	<b>Youth Swim Lessons</b> 5:45 - 6:45pm	<b>Rec. Swim/ Lap Swim</b> 5:45 - 6:45pm	
<b>Rec. Swim/ Lap Swim</b> 6:45 - 8pm	<b>Rec. Swim/ Lap Swim</b> 6:45 - 8pm	<b>Rec. Swim/ Lap Swim</b> 6:45 - 8pm			<b>Aqua Jog &amp; Water Walk</b> 11am - 12pm
<b>Lap Swim</b> 8 - 8:45pm	<b>Lap Swim</b> 8 - 8:45pm	<b>Lap Swim</b> 8 - 8:45pm			<b>Rec. / Lap Swim</b> 12 - 1:45pm

For your safety, it is recommended you consult your physician prior to starting any exercise program.  
 Lap Swim and Aqua Exercise Classes are for ages 15+. Check with the class instructor or lifeguard on duty for exceptions.

#### SMALL POOL:

- Children under 3 1/2 ft. tall must be accompanied in the pool and supervised by an adult who is within arm's reach at all time
- Children over 3 1/2 ft. tall may swim unaccompanied in the pool
- Little ones who are not potty trained must wear a swim diaper

#### LAP POOL:

- Youth under 15 must pass a swim test in order to use the Lap Pool
- To pass the swim test, youth must swim 25 yards freestyle with rotary breathing and tread water for 45 seconds
- Those who do not pass the swim test must wear a lifejacket and be accompanied by an adult in the water
- Everyone must shower before entering the water

Please note that all schedules are subject to change.

Download from your app or play store the Daxko Mobile app or visit our website for the most up-to-date schedules.

**Main Facility Hours: M - W 5:30am - 9pm TH/F 5:30am - 7pm Sat 6am - 4pm Sun 9am - 2pm**