



# SMALL POOL

## Winter 2022

Jan. 10 - Jan. 31

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

UPDATED: 1/10/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Small Pool will be CLOSED for repairs through January. Please check back for updates on its reopening.					
					Sunday

**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.

**Keep Moving** - We want you walking, swimming, stretching and feeling great for many years to come. The pool is a great place to train your muscles and joints so you can do just that!

**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. Youth must pass the swim test to use the Lap Pool. Please see Rec. Swim description for more information.

**Rec. Swim by Reservation** - A family of up to 6 can reserve time to enjoy the half of the small pool. Limit of 1x45min. reservation per family, per day. 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 remember to stay physically distanced on the pool deck and in the pools**

**No-showing or cancelling a reservation less than one hour before class, three or more times in a 14 day period, will result in you being restricted from reserving classes for 7 days, automatically through our reservation system.**

Please note that all schedules are subject to change. Download the YMCA Universal app or visit our website for the most up-to date schedules.

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



# LAP POOL

## Winter 2022

Jan. 10 - Jan. 31

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

UPDATED: 1/10/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 9:05 - 10am	<b>Deep Water Wellness</b> John 9:05 - 10am	<b>Deep Water Wellness</b> Chloe 9:05 - 10am	<b>Deep Water Wellness</b> John 9:05 - 10am	<b>Aqua Zumba</b> Kali 9:05 - 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>Sunday</b>
				<b>Rec. Swim/ Lap Swim</b> 6 - 6:45pm	<b>Lap Swim</b> 9 - 11am
<b>Rec. Swim/ Lap Swim</b> 6 - 8pm	<b>Rec. Swim/ Lap Swim</b> 6 - 8pm	<b>Rec. Swim/ Lap Swim</b> 6 - 8pm	<b>Rec. Swim/ Lap Swim</b> 6 - 8pm		<b>Aqua Jog &amp; Water Walk</b> 11am - 12pm
					<b>Lap Swim</b> 12 - 2pm
<b>Lap Swim</b> 8 - 8:45pm	<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> 2 - 3:45pm

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 90°:

- 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

### Hot Tub 102°

### LAP POOL 84°:

- 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

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