



SMALL POOL Fall 2022

October 30 - December 22

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Hot Tub Closed 9am - 12:30pm		
	Keep Moving Chloe 11:30am - 12:30pm		Keep Moving Chloe 11:30am - 12:30pm		Rec. Swim 12 - 3:45pm
Youth Swim Lessons 4 - 7:00pm	Youth Swim Lessons 4 - 7:00pm	Youth Swim Lessons 4 - 7:00pm	Youth Swim Lessons 4 - 7:00pm	Rec. Swim 4 - 6:45pm	Sunday
Rec. Swim 7 - 7:45pm	Rec. Swim 7 - 7:45pm	Rec. Swim 7 - 7:45pm	Rec. Swim 7 - 7:45pm		Rec. Swim 12 - 3:45pm

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 Tone - Join us for this interval-based deep water class. It combines conditioning and cardio for a full-body workout.

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

Closed for Lessons & Swim Team - The pool is reserved for Youth Swim Lessons, Private Swim Lessons and Swim Team. The pool is not available for Lap or Rec. Swim at this time.

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 conversation and a gentle workout! This class will get you moving and feeling fit with a combination of cardio and light resistance strength work.

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.

Mindful Motion - Stretch your definition of a good stretch. Come try it in the water! Be in the pool and be in the moment as we fuse yoga and Pilates to give your core the strength it needs for the day.

Pool Closed - The pool is reserved for Youth Swim Lessons, Private Swim Lessons and 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, younger than 15, must pass the swim test to use the Lap Pool.

Rec. Swim - A time to play! 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 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

Fall 2022

October 30 - December 22

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 5:30 - 8am	Lap Swim 5:30 - 8am	Lap Swim 5:30 - 8am	Lap Swim 5:30 - 8am	Lap Swim 5:30 - 8am	
Deep Water Wellness Chloe 8:05 - 9am	Deep Water Wellness Jenny 8:05 - 9am	Deep Water Wellness Chloe 8:05 - 9am	Deep Water Wellness Chloe 8:05 - 9am	Aqua Tone Kali 8:05 - 9am	Lap Swim 6 - 9am
Deep Water Wellness John 9:05 - 10am	Mindful Motion Melissa 9:05 - 9:55am	Deep Water Wellness John 9:05 - 10am	Mindful Motion Melissa 9:05 - 9:55am	Aqua Zumba® Kali 9:05 - 10am	Aqua Jog & Water Walk 9 - 10am
Gentle Water Aerobics Chloe 9:10 - 9:55am		Gentle Water Aerobics Chloe 9:10 - 9:55am	Hot Tub Closed 9am - 12:30pm		
Pool Closed 10 - 10:30am	Pool Closed 10 - 10:30am	Pool Closed 10 - 10:30am	Pool Closed 10 - 10:30am	Pool Closed 10 - 10:30am	Lap Swim / Lessons 10am - 2pm
Aqua Jog & Water Walk 10:30 - 11:30am	Aqua Jog & Water Walk 10:30 - 11:30am	Aqua Jog & Water Walk 10:30 - 11:30am	Aqua Jog & Water Walk 10:30 - 11:30am	Aqua Jog & Water Walk 10:30 - 11:30am	
Lap Swim 11:30am - 1:30pm	Lap Swim 11:30am - 2pm	Lap Swim 11:30am - 1:30pm	Lap Swim 11:30am - 2pm	Lap Swim 11:30am - 2pm	Rec. / Lap Swim 2 - 3:45pm
Closed for Lessons & Swim Team 1:30 - 5:45pm	Closed for Lessons & Swim Team 2 - 6:45pm	Closed for Lessons & Swim Team 1:30 - 5:45pm	Closed for Lessons & Swim Team 2 - 6:45pm	Closed for Lessons & Swim Team 2 - 6:00pm	Sunday
TEAM Eugene Master Swim Practice 5:45 - 6:45pm		TEAM Eugene Master Swim Practice 5:45 - 6:45pm			Lap Swim / Lessons 9 - 11am
Rec. Swim/ Lap Swim 7 - 8pm	Rec. Swim/ Lap Swim 7 - 8pm	Rec. Swim/ Lap Swim 7 - 8pm	Rec. Swim/ Lap Swim 7 - 8pm	Rec. Swim/ Lap Swim 6 - 6:45pm	Aqua Jog & Water Walk 11am - 12pm
Lap Swim 8 - 8:45pm	Lap Swim 8 - 8:45pm	Lap Swim 8 - 8:45pm	Lap Swim 8 - 8:45pm		Lap Swim/Lessons 12 - 2pm
					Rec. / Lap Swim 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

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.