



# SMALL POOL

## Fall 2023

September 5 - 30

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Hot Tub Closed 9am - 12:30pm		Rec. Swim 12 - 3:45pm
Rec. Swim 4 - 7:45pm	Rec. Swim 4 - 7:45pm	Rec. Swim 4 - 7:45pm	Rec. Swim 4 - 7:45pm	Rec. Swim 4 - 6:45pm	Sunday
					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 Zumba® & Shallow Water 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 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 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, 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.

**Team Eugene Masters Swim Practice** - Anyone 18 and older who can swim the length of the pool is ready for Masters swim team! Head Master Swim Coach Taylor Cole will teach the different strokes and give a few different workouts you can choose from, depending on your level.

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

**The Y will be closed on:**

Mon. Sept. 4 for **Labor Day** / Sat. Nov. 11 for **Veterans Day** / Thur. Nov. 23 for **Thanksgiving**

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 2023

September 5 - 30

2055 Patterson Street  
Eugene, OR 97405  
541 686 9622  
www.eugeneymca.org  
www.newymca.org  
Updated: 9/11/2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b> 5:30 - 8am	<b>Lap Swim</b> 5:30 - 8am	<b>Lap Swim</b> 5:30 - 8am	<b>Lap Swim</b> 5:30 - 8am	<b>Lap Swim</b> 5:30 - 8am	
<b>Deep Water Wellness</b> Jenny 8:05 - 8:55am	<b>Deep Water Wellness</b> Jenny 8:05 - 8:55am	<b>Deep Water Wellness</b> Simone 8:05 - 8:55am	<b>Deep Water Wellness</b> Jenny 8:05 - 8:55am	<b>Deep Water Wellness</b> Simone 8:05 - 8:55am	<b>Lap Swim</b> 6 - 9am
<b>Deep Water Wellness</b> On Your Own Fitness 9:05 - 9:55am	<b>Mindful Motion</b> Melissa 9:05 - 9:55am	<b>Deep Water Wellness</b> Halsey 9:05 - 9:55am	<b>Mindful Motion</b> Melissa 9:05 - 9:55am	<b>Gentle Water Aerobics</b> On Your Own Fitness 9:05 - 9:55am	<b>Shallow Water Aqua Zumba®</b> Kali 9:05 - 10am
<b>Gentle Water Aerobics</b> On Your Own Fitness 9:10 - 9:55am		<b>Gentle Water Aerobics</b> On Your Own Fitness 9:10 - 9:55am	<b>Hot Tub Closed</b> 9am - 12:30pm		<b>Aqua Jog &amp; Water Walk</b> 10am - 11am
<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 / Lessons</b> 11am - 2:30pm
<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 - 1:30pm	<b>Lap Swim</b> 11:30am - 3:15pm	<b>Lap Swim</b> 11:30am - 1:30pm	<b>Lap Swim</b> 11:30am - 3:15pm	<b>Lap Swim</b> 11:30am - 3:15pm	<b>Rec. / Lap Swim</b> 2:30 - 3:45pm
					Sunday
<b>Pool Closed</b> 1:30 - 6:45pm	<b>Pool Closed</b> 3:15 - 5:45pm <b>Team Eugene Master Swim Practice</b> 5:45 - 6:45pm	<b>Pool Closed</b> 1:30 - 6:45pm	<b>Pool Closed</b> 3:15 - 5:45pm <b>Team Eugene Master Swim Practice</b> 5:45 - 6:45pm	<b>Pool Closed</b> 3:15 - 6:45pm	<b>Lap Swim / Lessons</b> 9 - 11am
<b>Rec. Swim/ Lap Swim</b> 7 - 8pm	<b>Rec. Swim/ Lap Swim</b> 7 - 8pm	<b>Rec. Swim/ Lap Swim</b> 7 - 8pm	<b>Rec. Swim/ Lap Swim</b> 7 - 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>Lap Swim</b> 8 - 8:45pm		<b>Lap Swim/Lessons</b> 12 - 2pm
					<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

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