



SMALL POOL

Spring 2023

April 1 - June 18

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 - 7pm	Youth Swim Lessons 4 - 7pm	Youth Swim Lessons 4 - 7pm	Youth Swim Lessons 4 - 7pm	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 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.

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

The Y will be closed on:

Sunday, April 9 for **Easter** & Monday, May 29 for **Memorial Day** Please remember

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.



LAP POOL

Spring 2023

April 1 - June 18

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	Lap Swim 6 - 9am
Deep Water Wellness Chloe 8:05 - 9am	Deep Water Wellness Jenny 8:05 - 9am	Deep Water Wellness Chloe 8:05 - 9am	Deep Water Wellness Jenny 8:05 - 9am	Deep Water Wellness Chloe 8:05 - 9am	
Deep Water Wellness Katie 9:05 - 10am	Mindful Motion Melissa 9:05 - 9:55am	Deep Water Wellness Katie 9:05 - 10am	Mindful Motion Melissa 9:05 - 9:55am	Gentle Water Aerobics Chloe 9:10 - 9:55am	Shallow Water Aqua Zumba® Kali 9:05 - 10am
Gentle Water Aerobics Chloe 9:10 - 9:55am		Gentle Water Aerobics Chloe 9:10 - 9:55am	Hot Tub Closed 9am - 12:30pm		Aqua Jog & Water Walk 10am - 11am
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 11am - 2:30pm
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	Rec. / Lap Swim 2:30 - 3:45pm
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	Sunday
Pool Closed 1:30 - 5:45pm	Pool Closed 2 - 6:45pm	Pool Closed 1:30 - 5:45pm	Pool Closed 2 - 6:45pm	Pool Closed 2 - 6:00pm	Lap Swim / Lessons 9 - 11am
Team Eugene Master Swim Practice 5:45 - 6:45pm		Team Eugene Master Swim Practice 5:45 - 6:45pm			Aqua Jog & Water Walk 11am - 12pm
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	Lap Swim/Lessons 12 - 2pm
Lap Swim 8 - 8:45pm	Lap Swim 8 - 8:45pm	Lap Swim 8 - 8:45pm	Lap Swim 8 - 8:45pm		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.