



# POOL SCHEDULE

## March 30 – June 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	Lap Swim 5-6:45 am	1/2: Lap Swim 1/2: Senior Get Along 8-9 am
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	Aqua Jogger 9-10 am
1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	1/2: Lap Swim 1/2: Senior Get Along 7-8 am	Family Swim 10-11:15am
Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	Senior Get Along 8-8:45 am	POOL MAINTENANCE
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	Lap Swim 11:30-1:30 pm
Water Aerobics 9-10 am	AquaZumba® 9-10a m	Water Aerobics 9-10 am	AquaZumba® 9-10am	Water Aerobics 9-10 am	POOL MAINTENANCE
Preschool Promise 10-10:45 am	Second Grade Swim 10-11:45am	Y Preschool 10-10:45 am	Second Grade Swim 10-11:45 am	Y Preschool 10-10:45 am	Open Swim 1:45-3:45 pm
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE
Water Wellness 11-12 am	Second Grade Lesson continue	Water Wellness 11-12 am	Second Grade Lessons Continue	Water Wellness 11-12 am	1/2 Lap Swim 1/2 Special Olympics Or Lifeguard Training 4-4:50 pm
Lap Swim 12-1 pm	POOL MAINTENANCE	Water Wellness 11-12 am	POOL MAINTENANCE	Lap Swim 12-1 pm	
AquaZumba® 1-2 pm	Lap Swim 12:15- 1	Lap Swim 12-1 pm	Lap Swim 12:15-1 pm	Lap Swim 12-1 pm	
Family Swim 2-3 pm	Water Aerobics 1-2 pm	AquaZumba® 1-2 pm	Water Aerobics 1-2 pm	Water Aerobics 1-2 pm	
POOL MAINTENANCE	Lap Swim 2-3pm	Family Swim 2-3pm	Lap Swim 2-3 pm	Lap Swim 2-2:45pm	
Swim Lessons 3:15-5:00pm	Swim Lessons 3:15-4:20 pm	POOL MAINTENANCE	Swim Lessons 3:15-4:20 pm	POOL MAINTENANCE	
Open Swim 5:15-6:30pm	POOL MAINTENANCE	Swim Lessons 3:15-5:00 pm	POOL MAINTENANCE	Family Swim 3:00-3:45 pm	
POOL MAINTENANCE	Aqua Jogger 4:30-5:30pm	Open Swim 5:15-6:30pm	Aqua Jogger 4:30-5:30pm	Y Afterschool 4-4:50 pm	
Lap Swim 6:45-7:45 pm	Swim Lessons 5:30-6:40 pm	POOL MAINTENANCE	Swim Lessons 5:30-6:40 pm	POOL MAINTENANCE	
	POOL MAINTENANCE	Lap Swim 6:45-7:45pm	POOL MAINTENANCE	Open Swim 5:15-6:45pm	
	1/2 Aqua Bootcamp 1/2 Pee Wee Polo 6:45-7:45 pm		1/2 Aqua Bootcamp 1/2 Pee Wee Polo 6:45-7:45 pm	Lap Swim 7-7:50 pm	

Check out our pool schedule online by following the QR code below:



**Got a kid who can swim but prefers “ball sports”? Got a “little fish” who can play soccer? Got a “good swim-kid” who wants to do more than swim laps? Why not check out Pee Wee Polo!! For kids aged 9-14 who can swim a least two widths of the pool and can tread water.**



**WELCOME TO THE YMCA OF KLAMATH FALLS**  
**1221 S ALAMEDA AVE, KLAMATH FALLS, OR 97603**  
**PHONE: 541-884-4149**  
**FAX: 541-882-6472**

## **POOL RULES**

- **Must shower before entering the pool.**
- **People are required to walk on the pool deck. (No running, jogging, skipping etc. allowed.)**
- **Children may attend aquatics classes & open swims provided they are 52 inches tall, proficient swimmers, & active participants in classes.**
- **Children must be accompanied by someone 18 years or older to attend family swim time.**
- **A responsible adult must accompany children who have not passed the swim test.**
- **To swim in the deep and use the diving board, children under 14 must pass a swim test. Please ask the lifeguard on duty for specifics.**
- **NO gum, drinks or food allowed in the pool area.**
- **Lifeguards reserve discretion over outside pool toys in the pool. (Some Open Swims are too crowded for larger toys and the lifeguard may NOT allow a specific toy into the pool during a crowded swim. This includes rentals.)**
- **People requiring floatation devices/aides and all pool toys must swim in the shallow end.**
- **For a complete list of pool rules & safety, please see member handbook.**

## **LAP SWIM**

- Lap swims have 3 swim lanes plus 1 walk/jog lane.
- **Please be prepared to share lanes.** We are a smaller sized pool and we have many people who wish to use the lap lanes.
- **Lap swim is reserved for people 18 or older, OR teenagers who can swim 25 yards non-stop!** Lap swim is NOT “play time”, but time for physical fitness training and exercise.

## **WHY THE Y FOR SWIM LESSONS?**

Experienced swim instructors take a safety-first approach to help students of all ages and skill levels learn at their own pace. This builds confidence in the water and fosters a love for swimming.

We limit our class sizes so students can receive individualized instruction. Our largest classes have a 6:1 instructor ratio. Some classes will have even smaller ratios with more one-on-one time per student.

As a bonus, our warm pool and year-round instruction allow students to build upon their progress and retain skills permanently.

Whether your looking for private lessons, adult lessons, or group lessons, the YMCA has you covered! To learn more about our lessons or find the level or format that fits your needs, follow the QR code.

We also have a limited number of private lessons available at very specific times. Please inquire at the Aquatics Department for information about start and stop dates for private lessons.

## **WHAT IS PEE WEE POLO?**

WE PLAN TO RUN TWO DIFFERENT GROUPS—

- 12-14 YEARS OLD ON TUESDAYS EVENINGS
- 9-11 YEARS OLD ON THURSDAYS EVENINGS

CLASS WILL START AT 6:45 AND RUN UNTIL ABOUT 7:30PM. EIGHT YEAR OLD KIDS WITH ACCEPTIONAL SWIMMING SKILLS WILL BE ACCEPTED INTO THE YOUNGER GROUP.

PICK UP THE WATER POLO FLYER FOR FURTHER INFORMATION AND AN INTRODUCTION TO WATER POLO.

