



Summer POOL SCHEDULE

June 15-July 3 2026

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® 9-10a m	Water Aerobics 9-10 am	POOL MAINTENANCE
Pre School Swim 10-10:40 am	KBBH 10-10:45 am	Y Camp Kids 10-10:45 am	Family Swim 10-10:45 am	Y Kids Camp 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 11:00-11:50 pm	Swim Lessons 11am-12:05 pm	Water Wellness 11:00-11:50 am	Swim Lessons 11am-12:05 pm	Water Wellness 11-11:50 am	Lap Swim 4-4:50 pm
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	<p>Ai Chi is a total body relaxation and strengthening progression used for aquatic therapy. This aquatic technique is characterized by slow movement coordinated with deep breathing, based on elements of qigong and tai chi.</p>
*Lap Swim 12-1 pm	*Lap Swim 12:15-1 pm	Museum /YMCA Collaboration Swim 12-12:50	*Lap Swim 12:15-1 pm	*Lap Swim 12-1 pm	
AquaZumba® 1-2 pm	Water Aerobics 1-2 pm	AquaZumba® 1-2 pm	Water Aerobics 1-2 pm	Water Aerobics 1-2 pm	
Family Swim 2-3:30 pm	Lap Swim 2-3 pm	Y Camp Kids 2-2:45 pm	Lap Swim 2-3 pm	Y Camp Kids Swim 2-2:45pm	
POOL MAINTENANCE	Swim Lessons 3:15-4:20pm	*Lap Swim 3-3:45 pm	Swim Lessons 3:15-4:20 pm	POOL MAINTENANCE	
Swim Lessons 3:50-5pm	POOL MAINTENANCE	Swim Lessons 3:50-5 pm	Swim Lessons 3:15-4:20 pm	Family Swim 3:00-3:45pm	
Open Swim 5:15-6:45 pm	Aqua Jogger 4:30 -5:30 pm	Open Swim 5:15-6:45pm	Aqua Jogger 4:30 -5:30 pm	Y Kids 4-4:45pm	
POOL MAINTENANCE	Swim Lessons 5:30-6:35 pm	Open Swim 5:15-6:45pm	Swim Lessons 5:30-6:35pm	POOL MAINTENANCE	
Lap Swim 6:50-7:50pm	POOL MAINTENANCE	Pool Maintenance	POOL MAINTENANCE	Open Swim 5:15-6:45pm	
	Aqua Bootcamp Pee Wee Polo 6:45-7:45 pm	Lap Swim 6:50-7:50pm	Aqua Bootcamp Pee Wee Polo 6:45-7:45 pm	Lap Swim 6:50-7:50pm	

*Lap Swim on Wednesdays at 3pm will include an optional Masters Workout. Masters Swimming Workouts will include exercises for kicking, pulling and "full stroke" swimming. We will also drill all 4 competitive strokes; crawl stroke (freestyle), breast stroke, back stroke and butterfly stroke. This workout is entirely optional, but available if you wish to swim it.

WELCOME TO THE YMCA OF KLAMATH FALLS
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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

- Must swim 25 yards to participate in lap swim.
- Lap swims have 2 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.
- Adult Lap Swims are of people who are 18 years old or older. **Absolutely no exceptions.**

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 Y has you covered! To learn more about our lessons or find the level or format that fits your needs, follow the QR code.

This December is a short month for swim lessons. Therefore only Private Swim Lessons are available during this month.

