



POOL SCHEDULE

January 5 - March 21

THE YMCA OF KLAMATH FALLS

1221 S Alameda Ave, Klamath Falls, OR 97603

P: 541.884.4149

kfallsymca.org

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	Family Swim 10-11:15am			
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 am-1:30 pm
Water Aerobics 9-10 am	AquaZumba® 9-10 am	Water Aerobics 9-10 am	AquaZumba® 9-10 am	Water Aerobics 9-10 am	POOL MAINTENANCE
Preschool Promise 10-10:45 am	Second Grade Swim 10-10:45 am	Y Preschool 10-10:45 am	Second Grade Swim 10-10:45 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 am-12 pm	Private Lessons 11 am-12:05 pm	Water Wellness 11 am-12 pm	Swim Lessons 11-12:05 pm	Water Wellness 11 am-12 pm	1/2: Lap Swim 1/2: Special Olympics Or Lifeguard Training 4-4:50 pm
Lap Swim 12-1 pm	POOL MAINTENANCE	Lap Swim 12-1 pm	POOL MAINTENANCE	Lap Swim 12-1 pm	Lap Swim 12-1 pm
AquaZumba® 1-2 pm	Lap Swim 12:15-1 pm	AquaZumba® 1-2 pm	Lap Swim 12:15-1:00 pm	Water Aerobics 1-2 pm	Check out our pool schedule online by following the QR code below:
Family Swim 2-3:00 pm	Water Aerobics 1-2 pm	Family Swim 2-3:00 pm	Water Aerobics 1-2 pm	Lap Swim 2-2:45 pm	
POOL MAINTENANCE	Lap Swim 2-3 pm	POOL MAINTENANCE	Lap Swim 2-3:30 pm	POOL MAINTENANCE	
Swim Lessons 3:15-5:00 pm	Swim Lessons 3:15-4:20 pm	Swim Lessons 3:15-5 pm	Swim Lessons 3:15-4:20 pm	Family Swim 3:00-3:45 pm	
Open Swim 5:15-6:45	POOL MAINTENANCE	Open Swim 5:15-6:30 pm	POOL MAINTENANCE	Y Afterschool 4-4:50 pm	
POOL MAINTENANCE	Aqua Jogger 4:30-5:30 pm	POOL MAINTENANCE	Aqua Jogger 4:30-5:30 pm	POOL MAINTENANCE	
Lap Swim 6:45-7:50 pm	Swim Lessons 5:30-6:40 pm	Lap Swim 6:45-7:50 pm	Private Lessons 5:30-6:40 pm	Open Swim 5:15-6:45 pm	
POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	POOL MAINTENANCE	Lap Swim 7-7:50 pm	
½ Aqua Bootcamp ½ Lifeguard Training 6:45-7:45 pm					

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 at least two widths of the pool and can tread water.



WELCOME TO THE YMCA OF KLAMATH FALLS

The mission of The YMCA of Klamath Falls is to put Christian principles into practice for all by promoting youth development, encouraging healthy living, and practicing social responsibility.

POOL RULES

- Must shower before entering the pool.
- Swimsuits are preferred; however, clean shorts and shirts brought expressly for swimming purposes may be worn—no denim, cut-offs, buttons, snaps, zippers, or oversized shirts.
- No spitting in the pool, on the deck, or in the dressing rooms.
- No running, pushing, throwing, or dunking of fellow swimmers.
- Swimmers will not be allowed to "play act" to make the lifeguard think they are drowning/in danger.
- No swimmers will be allowed to run and jump from the side of the pool or jump backward.
- No excessive horseplay will be allowed. "Excessive" will and must be determined by the lifeguard on duty.
- Swimmers who disobey these rules will be asked to leave.
- 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.
- 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.
- Children using flotation devices must have continuous supervision by a responsible adult. Anyone using flotation devices is not allowed in the deep end

LAP SWIM

- Must swim 25 yards to participate in lap swim.
- Lap swims have 3 swim lanes plus 1 walk/jog lane.

DIVING BOARD RULES

- No running on the board. One diver at a time. One bounce only.
- Exit the diving area promptly after entry. (Use side ladders.)
- No goggles, masks, fins, or snorkels allowed off the board.
- No hanging off the diving board. The board is limited to a weight of 250 pounds or less.



For a complete list of pool & safety rules, please see member handbook.

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 you're 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.

