

Oregon Pool Winter/Spring 2024 Schedule: 1/1/2024 – 6/9/2024																			
Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday							
5:30-7:45am	Lap Swim 5:30am – 7:45am		OCSC/Lap 5:30am – 7:45am		Lap Swim 5:30am – 7:45am		OCSC/Lap 5:30 – 7:45am		Lap Swim 5:30am – 7:45am										
8:00 - 11:00am	Oregon School District Physical Education Swim Lessons <u>Pool Closed: 1/1, 3/23-4/8, 5/27</u> Pool closes at 4:30pm for OHS swim meets on: 1/9										OHS 7:30 - 9:30am								
																			OCSC/ Water Polo 9:00 - 11:00am
11:00am - 1:00pm											Water Exercise 11:30am - 12:30pm		Lap Swim 11:30am - 1:00pm *Lap swim priority*		Water Exercise 11:30am - 12:30pm		Lap Swim 11:30am - 1:00pm *Lap swim priority*		Water Exercise 11:30am - 12:30pm
1:00 - 3:00pm	Special School’s Out Open Swims 1-3pm: 1/15, 2/16, 2/19										Open Swim 1:00-4:00pm	Family Swim 1:00-4:00pm							
													Open/Lap Swim 2:00-3:00pm		Open/Lap Swim 2:00-3:00pm		Open/Lap Swim 2:00-3:00pm		Open/Lap Swim 2:00-3:00pm
3:00 - 4:00pm	OCSC 3:15 - 4:15pm		OCSC 3:15 - 4:15pm		OCSC 3:15 - 4:15pm		OCSC 3:15 - 4:15pm		OCSC 3:15 - 4:15pm										
4:00 - 6:00pm	OHS 4:15 - 6:00pm		OHS 4:15 - 6:00pm		OHS 4:15 - 6:00pm		OHS 4:15 - 6:00pm		OHS 4:15 - 6:00pm		Available for Rental 4:00 - 8:00pm	Swim Lessons / Special Olympics 4:00 - 7:30pm <u>Session 1</u> 1/21 - 3/3 <u>Session 2</u> 4/7 - 5/19							
6:00 - 7:00pm	Swim Lessons <u>Session 1</u> 1/22 - 3/4 <u>Session 2</u> 4/8 - 5/20	OCSC /Lap Swim 6-8pm OCSC 8-9pm	OCSC 6-9pm	OCSC 6-7pm Open Swim 7-8pm Lap Swim 8-9pm	Swim Lessons <u>Session 1</u> 1/24 - 3/6 <u>Session 2</u> 4/10-5/22	OCSC/ Lap Swim 6-8pm OCSC 8-9pm	OCSC 6-9pm	OCSC 6-7pm Open Swim 7-8pm Lap Swim 8-9pm	OCSC 6:00 - 8:45pm OCSC = Oregon Community Swim Club Information for the Community Swim Club is located in the lobby of the Oregon Pool.										
7:00 - 8:00pm																			
8:00 - 9:00pm																			
9:00 - 10:00pm	Cleaning <u>Please Note:</u> The pool will close 15 minutes after the last activity is over. Please be sure to complete your swimming in time to be out of the locker room by closing time. Parents need to pick up children within this 15 minute period. Please notify the pool if you are going to be delayed.																		

OREGON POOL SWIM DESCRIPTIONS WINTER/SPRING 2024

Lap Swim: Ages 16+. You may swim at your own pace but you must use lap lanes for lap swimming. No restriction on patron numbers per lane. Mask, fins, and snorkel allowed in lap swim.

Open Swim: Open to all ages. Children under age of 7 must be accompanied by a responsible teen or adult; this teen or adult must be in the water at all times with a child who cannot touch bottom at 3' end (recommended height is 4').

Water Exercise: For older teens and adults of all ages; non-swimmers and swimmers. Includes warm-up, stretching and toning, aerobics, and cool-down. Adapt workout to your own level. Some deep water exercise with flotation devices may be included.

Whirlpool: May be used during all regularly scheduled recreational swims. It may not be used during lessons. Minimum age of 18 years. Please follow guidelines posted on door and wall of whirlpool room.