

Oregon Pool – Winter/Spring 2022 Schedule: January 1, 2022 – June 12, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:30am	Lap Swim 5:30am-6:30am	OCSC 5:30am-7:30am	Lap Swim 5:30am	Lap Swim 5:30am-6:30am	OCSC 5:30am-7:30am							
6:30am	Lap Swim 6:45am-7:45am		Lap Swim 6:45am	Lap Swim 6:45am-7:45am				Lap Swim 6:45am-7:45am				
7:30am												
8:30am	Oregon School District Physical Education Swimming Lessons					OHS 7:30am-9:30am						
9:00am												
10:30am							OCSC 9:30am - 12:00pm	OCSC 8:00am - 11:00am				
11:00am						Water Ex 11:15am-12pm	Lap Swim 11:15am-12:15pm	Water Ex 11:15am-12pm	Lap Swim 11:15am-12:15pm	Water Ex 11:15am-12pm		Staff Training/Lap 11:00-1:00pm
12:00pm	Oregon School District Physical Education Swimming Lessons Special Open Swim Dates from 1:00pm – 3:00pm below 1/17, 2/14, 4/15, 4/18 <u>The pool will be shut down for repairs and cleaning March 19 - April 3, 2022</u>					Lap Swim 12:00pm – 1:00pm						
1:00pm												
2:00pm								Open Swim 1:00pm – 4:00pm	Open Swim 1:00pm – 4:00pm			
3:00pm								OCSC 3:00pm – 4:15pm	OCSC 3:00pm – 4:15pm	OCSC 3:00pm – 4:15pm	OCSC 3:00pm – 4:15pm	OCSC 3:00pm – 4:15pm
4:00pm	OHS/OCSC 4:15pm – 6:00pm		OHS 4:15pm – 6:00pm		OHS /OCSC 4:15pm – 6:00pm		OHS 4:15pm – 6:00pm		OHS 4:15pm – 6:15pm		Family Swim 4:00pm – 5:30pm	Swim Lessons 4:00pm – 8:00pm Apr 24– May 22
5:00pm												
6:00pm	Swim Lessons 6:00pm – 9:00pm Apr 25 – May 23	Lap Swim 6:00pm – 7:00pm	OCSC 6:00pm – 9:00pm	Lap Swim 6:00pm – 7:00pm	Swim Lessons 6:00pm – 9:00pm Apr 27 – May 25	Lap Swim 6:00pm – 7:00pm	OCSC 6:00pm – 9:00pm	Lap Swim 6:00pm – 7:00pm	OCSC 6:15pm – 9:00pm	To rent the Oregon Pool, please visit: OregonSD.org/Reservations		
7:00pm		Open Swim 7:00pm – 8:00pm		Shallow Water Ex 7:00pm – 7:45pm		Open Swim 7:00pm – 8:00pm		Deep Water Ex 7:00pm – 7:45pm				
8:00pm		Lap Swim 8:00pm – 9:00pm		Lap Swim 8:00pm – 9:00pm		Lap Swim 8:00pm – 9:00pm		Lap Swim 8:00pm – 9:00pm				

PLEASE NOTE: 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 their children within this 15 minute period. Please notify the pool at 608-835-8617 if you are going to be delayed.

The pool will be closed at 4:30pm on January 18th, and 27th for Oregon High School Boys’ Swim Meet. Spectators are always welcome.

OREGON POOL SWIM DESCRIPTIONS – FALL 2021: *Swims are open to both Oregon residents and non-residents.*

Family Swim: Children must be accompanied in the water by a member of their own family who is 18 years of age or older. A responsible teen, or adult, must be in water with a child who cannot touch the pool’s bottom at the 3 foot end at all times; the recommended height is 4 foot. **Lap Swim:** Open to All Ages. You may swim at your own pace, but you must swim laps for recreation and/or conditioning. A minimum of two lanes will be available. Masks, fins, and snorkels are allowed in lap swim. **Open Swim:** Open to All Ages. Children under the age of seven (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 the pool’s bottom at the 3 foot end at all times; the recommended height is 4 foot. **Pre-School Swim:** For children not yet in kindergarten and a responsible teen or adult; this teen or adult must be always in the water with the child. **Special Afternoon Open Swims:** Same Other Open Swims. Held only on those dates listed under “Special Open Swims” on the schedule. No registration required. **Water Exercise:** For Older Teens and Adults of All Ages. Both swimmers and non-swimmers are welcome! Class Includes: warm-up, stretching and toning, aerobics and a cool-down. Adapt workout to your own level. Some deep-water exercise with flotation devices may be included. **Whirlpool:** For Ages 18 and Over. May be used during all regularly scheduled recreational swims. It may not be used during lessons or water exercise. Please follow guidelines posted on the door and wall of the whirlpool room.