

**Oregon Pool Summer 2022 Schedule: 6/13/2022 – 8/28/2022**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:30-7:45am	<b>Lap Swim</b> 5:30am – 7:45am	<b>OCSC/Lap</b> 5:30am – 7:45am	<b>Lap Swim</b> 5:30am – 7:45am	<b>OCSC/Lap</b> 5:30 – 7:45am	<b>Lap Swim</b> 5:30am – 7:45am	Oregon Kid's Triathlon AUGUST 13 <sup>th</sup> Go to : <a href="http://www.oregonkidstri.com">www.oregonkidstri.com</a>					
8:00 - 11:00am	<b>Summer School Swim Lessons</b> <i>Session 1</i> - June 13 - June 24 <i>Session 3</i> - July 11 - July 22 <i>Session 4</i> - July 25 - Aug 5 <i>Session 2</i> - June 27 - July 8 <i>Session 5</i> - Aug 8 - Aug 19 <b>Pool Closed on June 24th after 12:00pm, and all day June 25th – 26th</b> <b>Pool closed on July 4th</b>										
11:00am - 12:00pm						<b>LapSwim</b> 11:00am – 1:00pm	<b>Lap Swim</b> 11:00am – 1:00pm				
12:00 - 1:00pm	<b>Water Exercise</b> 12:00 – 1:00pm	<b>Lap Swim</b> 12:00pm - 1:00pm	<b>Water Exercise</b> 12:00 – 1:00pm	<b>Lap Swim</b> 12:00pm - 1:00pm	<b>Water Exercise</b> 12:00 – 1:00pm						
1:00 - 3:00pm	<b>Open Swim</b> 1-3pm					<b>Open Swim</b> 1:00-4:00pm	<b>Open Swim</b> 1:00-4:00pm				
3:00 - 3:45pm	<b>Parent/Child</b> 3:00 – 3:30pm	<b>OCSC</b> 3:00pm – 6:00pm	<b>Open Swim</b> 3:00 – 3:30pm	<b>OCSC</b> 3:00pm – 6:00pm	<b>OCSC</b> 3:00pm – 7:00pm	<b>OCSC = Oregon Community Swim Club</b>  Information for the Community Swim Club is located in the lobby of the Oregon Pool. Please ask for information if you are interested or visit, <a href="http://www.oregonswimclub.org">www.oregonswimclub.org</a>	<b>Available for Rental</b>				
3:45 - 4:00pm	<b>OCSC</b> 3:45pm – 6:00pm							<b>OCSC</b> 3:45pm – 6:00pm			
4:00 - 5:00pm											
5:00 - 6:00pm											
6:00 - 6:30pm	<b>Summer Swim Lessons</b>	<b>Summer Swim Lessons</b>	<b>Summer Swim Lessons</b>	<b>Summer Swim Lessons</b>	<b>Summer Swim Lessons</b>			<b>OCSC = Oregon Community Swim Club</b>  Information for the Community Swim Club is located in the lobby of the Oregon Pool. Please ask for information if you are interested or visit, <a href="http://www.oregonswimclub.org">www.oregonswimclub.org</a>	<b>Family Swim</b> 4:00-5:30pm		
6:30 - 7:00pm						<b>Lap Swim</b> 6-7pm	<b>Lap Swim</b> 6-7pm			<b>Lap Swim</b> 6-7pm	<b>Lap Swim</b> 6-7pm
7:00 - 7:30pm						<b>Open Swim</b> 7-8pm	<b>Water Ex</b> 7-8pm			<b>Open Swim</b> 7-8pm	<b>Water Ex</b> 7-8pm
7:30 - 8:00pm											
8:00 - 8:30pm						<b>Session 1</b> 6/13-7/13	<b>Session 1</b> 6/14-7/14			<b>Session 1</b> 6/13-7/13	<b>Session 1</b> 6/14-7/14
8:30 - 9:00pm	<b>Session 2</b> 7/18-8/17	<b>Session 2</b> 7/19 -8/18	<b>Session 2</b> 7/18-8/17	<b>Session 2</b> 7/19 -8/18	<b>Session 2</b> 7/19 -8/18						
9:00 - 10:00pm	Cleaning										
<b>Please Note:</b> 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 SUMMER 2022**

**Family Swim:** Children must be accompanied in the water by 18 year old or older member of own family. At all times responsible teen or adult must be in water with a child who cannot touch bottom at 3' end (recommended height is 4'). **Lap Swim:** Open to all ages. You may swim at your own pace but you must use lap lanes for recreation and/or conditioning. A minimum of two lanes will be available. 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 16 years. Please follow guidelines posted on door and wall of whirlpool room. **Parent/Child:** is a midday swim lesson for parents with children between the ages of 6months and 3 years old. Must sign up for the class on our website.

**Family Float**  
**Night**  
**July 17th**  
**4-5:30pm**  
**FREE**  
***\*\*You must sign up at the pool. admission limited to the first 200 people***