

The Y will be Closed Monday September 7, 2020 in observance of Labor Day

Swim Schedule 2020 August 31 - November 21
THE YMCA of KLAMATH FALLS 1221 S. Alameda Ave, Klamath Falls , OR 97603
Phone (541) 884-4149 www.kfallsymca.org

Children may attend aquatics classes and open swims provided they are 52 inches tall, proficient swimmers, and active participants in classes. Children must be accompanied by someone 18 years or older to attend family swim time. Must be able to swim 25 yards to participate in lap swim.

Start Time: 5:00 AM Time Interval: 15 (in minutes)

Morning Swim Schedule

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5:00 AM							
5:15 AM							
5:30 AM							
5:45 AM		*Lap Swim 5-6:45am	*Lap Swim 5-6:45am	*Lap Swim 5-6:45am	*Lap Swim 5-6:45am	*Lap Swim 5-6:45am	
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
7:00 AM							
7:15 AM		1/2 Lap Swim 1/2 Senior Get Along 7-8am	1/2 Lap Swim 1/2 Senior Get Along 7-8am	1/2 Lap Swim 1/2 Senior Get Along 7-8am	1/2 Lap Swim 1/2 Senior Get Along 7-8am	1/2 Lap Swim 1/2 Senior Get Along 7-8am	
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM		Senior Get Along 8-8:45am	Senior Get Along 8-8:45am	Senior Get Along 8-8:45am	Senior Get Along 8-8:45am	Senior Get Along 8-8:45am	*Lap Swim 8-9am
8:30 AM							
8:45 AM		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
9:00 AM							
9:15 AM		Water Aerobics 9-10am	AquaZumba® 9-10am	Water Aerobics 9-10am	AquaZumba® 9-10am	Water Aerobics 9-10am	Aqua Jogger 9-10am
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM		Y Preschool 10-10:45am	Lap Swim 10-11am	Y Preschool 10-10:45am	Lap Swim 10-11am	Y Preschool 10-10:45am	Senior Get Along 10-10:45am
10:30 AM							
10:45 AM		Pool Maintenance		Pool Maintenance		Pool Maintenance	Pool Maintenance
11:00 AM							
11:15 AM		Water Wellness 11-12am	*Lap Swim 11am-12pm	Water Wellness 11-12am	*Lap Swim 11am-12pm	Water Wellness 11-12am	*Lap Swim 11am-11:45pm
11:30 AM							
11:45 AM							

Facility Closes Sunday

***Lap Swim Regular Swim Rules**

- Must swim 25 yards to participate in lap swim
- Lap swims have 3 swim lanes plus one walk/jog lane
- Must shower before entering the pool



Afternoon Swim Schedule

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
12:00 PM	Facility Closes Sunday						
12:15 PM							
12:30 PM		*Lap Swim 12-1pm	*Lap Swim 12-12:45pm	*Lap Swim 12-1pm	*Lap Swim 12-12:45pm	*Lap Swim 12-1pm	*Lap Swim Cont. 11:45-1:30pm
12:45 PM			Pool Maintenance		Pool Maintenance		
1:00 PM							
1:15 PM		AquaZumba® 1-2pm	Water Aerobics 1-2pm	AquaZumba® 1-2pm	Water Aerobics 1-2pm	Water Aerobics 1-2pm	
1:30 PM							
1:45 PM							Family Swim 1:30-2:30pm
2:00 PM							
2:15 PM		*Lap Swim 2-2:45pm		*Lap Swim 2-2:45pm		*Lap Swim 2-2:45pm	
2:30 PM			Advanced Lap Swim 2-3:30pm		Advanced Lap Swim 2-3:30pm		Pool Maintenance
2:45 PM		Pool Maintenance		Pool Maintenance		Pool Maintenance	
3:00 PM							Family Swim 2:45-3:45pm
3:15 PM		Family Swim 3-4pm		Family Swim 3-4pm		Y Afterschool Kids 3-4pm	
3:30 PM			Pool Maintenance		Pool Maintenance		
3:45 PM							Pool Maintenance
4:00 PM							
4:15 PM			Swim Lessons 3:45-4:45pm		Swim Lessons 3:45-4:45pm		*Lap Swim 4-4:45pm
4:30 PM		Swim Lessons 4-5:30pm		Swim Lessons 4-5:30pm		Lap Swim 4:15-5:15pm	
4:45 PM			Aqua Jogger 4:45-5:45pm		Aqua Jogger 4:45-5:45pm		
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM		Lap Swim 5:30-6:30pm		Lap Swim 5:30-6:30pm		Family Swim 5:15-6:30pm	
6:00 PM							
6:15 PM							
6:30 PM			Swim Lessons 5:45-7:15pm		Swim Lessons 5:45-7:15pm		
6:45 PM		Family Swim 6:30-7:30pm		Family Swim 6:30-7:30pm		*Lap Swim 6:30-7:45pm	
7:00 PM							
7:15 PM		Pool Maintenance		Pool Maintenance			
7:30 PM							
7:45 PM	Lap Swim 7:30-8:30pm	Water Aerobics 7:30-8:30pm	Lap Swim 7:30-8:30pm	Water Aerobics 7:30-8:30pm			
8:00 PM							
8:15 PM							
8:30 PM		Closed					Pool Closes @ 4:45pm

Advanced Lap Swim

- This time is for those that want to have more structure to their lap swim.
- We will have swim sets for those that come and the guard on duty will help improve your strokes if you so wish.

***Lap Swim Regular Swim Rules**

- Must swim 25 yards to participate in lap swim
- Lap swims have 3 swim lanes plus one walk/jog lane
- Must shower before entering the pool

