

**Swim Schedule 2022 September 4 – December 31**  
**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)

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		1/2 Lap Swim	1/2 Lap Swim	1/2 Lap Swim	1/2 Lap Swim	1/2 Lap Swim	
7:15 AM		1/2 Senior Get Along	1/2 Senior Get Along	1/2 Senior Get Along	1/2 Senior Get Along	1/2 Senior Get Along	
7:30 AM		7-8am	7-8am	7-8am	7-8am	7-8am	
7:45 AM							
8:00 AM		Senior Get Along	Senior Get Along	Senior Get Along	Senior Get Along	Senior Get Along	
8:15 AM		8-8:45am	8-8:45am	8-8:45am	8-8:45am	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		Y Preschool 10-10:45am	Y Preschool 10-10:45am	Y Preschool 10-10:45am	Y Preschool 10-10:45am	Open Swim 10-10:45	Senior Get Along 10-10:45am
10:15 AM							
10:30 AM							
10:45 AM		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance
11:00 AM							
11:15 AM		Water Wellness 11-12pm	Swim Lessons 11am-12pm	Water Wellness 11-12pm	Swim Lessons 11am-12pm	Water Wellness 11-12pm	*Lap Swim 11am-11:45pm
11:30 AM							
11:45 AM							
12:00 PM			Pool Maintenance		Pool Maintenance		
12:15 PM		*Lap Swim 12-1pm	*Lap Swim 12:15-1pm	*Lap Swim 12-1pm	*Lap Swim 12:15-1pm	*Lap Swim 12-1pm	*Lap Swim Cont. 11:45-1:15pm
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM		AquaZumba® 1-2pm	Water Aerobics 1-2pm	AquaZumba® 1-2pm	Water Aerobics 1-2pm	Water Aerobics 1-2pm	Pool Maintenance
1:30 PM							
1:45 PM							
2:00 PM		*Lap Swim 2-2:45pm	Advanced Lap Swim 2-3:15pm	*Lap Swim 2-2:45pm	Advanced Lap Swim 2-3:15pm	Open Swim 2-2:45pm	Open Swim 1:30-2:45pm
2:15 PM							
2:30 PM		Pool Maintenance		Pool Maintenance		Pool Maintenance	
2:45 PM							
3:00 PM		Open Swim 3-4pm	Swim Lessons 3:15-4:15pm	Open Swim 3-4pm	Swim Lessons 3:15-4:15pm	*Lap Swim 3-4pm	Family Swim 2:45-3:45pm
3:15 PM							
3:30 PM							
3:45 PM							Pool Maintenance
4:00 PM							
4:15 PM			Pool Maintenance		Pool Maintenance	Y Afterschool 4-5pm	1/2 Lap Swim 1/2 Special Olympics 4-4:45pm
4:30 PM		Swim Lessons 4-5:30pm	Aqua Jogger 4:30-5:30pm	Swim Lessons 4-5:30pm	Aqua Jogger 4:30-5:30pm	Pool Maintenance	
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM		Pool Maintenance		Pool Maintenance		Open Swim 5:15-6:30pm	
5:45 PM			Swim lessons 5:30-6:30pm	Open Swim 5:45-6:45pm	Swim lessons 5:30-6:30pm		
6:00 PM		Open Swim 5:45-6:45pm					
6:15 PM			Pool Maintenance		Pool Maintenance		
6:30 PM							Pool Closes @ 4:45pm
6:45 PM							
7:00 PM		Lap Swim 6:45-7:45pm	Water Aerobics 6:45-7:45pm	Lap Swim 6:45-7:45pm	Water Aerobics 6:45-7:45pm	*Lap Swim 6:30-7:45pm	
7:15 PM							
7:30 PM							

Morning Swim Schedule

Afternoon Swim Schedule

Facility Closes Sunday

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

**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.

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- 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



Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:45 PM		Closed					

