

Oregon Pool Fall 2024 Schedule: 10/14/2024 – 1/5/2025

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	OHS 7:30 - 9:30am		
8:00 - 11:45am	Oregon School District Physical Education Swim Lessons Pool Closed: <u>11/28, 11/29, 12/24, 12/25, 12/31, 1/1</u> Pool closes at 4:30pm for OHS swim meets on: <u>12/17, 1/9, 1/21</u>					OCSC 9:30 - 11:00am	Lap Swim/ Water Polo 10:00 - 11:00am	
11:45am - 1:00pm	Water Exercise 12:00 - 1:00pm	Lap Swim 11:45am - 1:15pm *Lap Swim Priority	Water Exercise 12:00 - 1:00pm	Lap Swim 11:45am - 1:15pm *Lap Swim Priority	Water Exercise 12:00 - 1:00pm	Lap Swim 11:00am - 1:00pm	Lap Swim 11:00am –1:00pm	
1:00 - 3:00pm	Oregon School District Physical Education Swim Lessons: 1-3pm Fall Special Open Swims 1-3pm: 10/31, 11/1, 11/27, 12/23, 12/26, 12/27, 12/30 *On days when school is closed, we host an open swim from 1-3pm*					Open Swim 1:00-4:00pm	Family Swim 1:00-4:00pm *The entire immediate family gets in for \$5!*	
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	Fall Swim Lessons 4:00 - 7:30 pm	
6:00 - 7:00pm	Swim Lessons 6-9pm	OCSC 6-9pm	OCSC 6-7pm	Swim Lessons 6-9pm	OCSC 6-9pm	OCSC = Oregon Community Swim Club Information for the Community Swim Club is located in the lobby of the Oregon Pool.	<u>Session 1</u> 9/8 - 10/20 <u>Session 2</u> 11/3-12/15	
7:00 - 8:00pm	<u>Session 2</u> 11/4-12/16		Lap Swim 7-9pm	OCSC 6-7:30 pm				Lap Swim 7:30-9 pm
8:00 - 9:00pm								
9:00 - 10:00pm	Cleaning 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 children within this 15 minute period. Please notify the pool if you are going to be delayed.							

OREGON POOL SWIM DESCRIPTIONS FALL 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.
Call our front desk with any questions: 608-835-8617