

**Oregon Pool Winter/Spring 2025 Schedule: 2/3/2025 – 3/30/2025**

| Time              | Monday   | Tuesday  | Wednesday                           | Thursday   | Friday                              | Saturday                                 | Sunday  |                   |               |
|-------------------|--|--|-------------------------------------|--|-------------------------------------|--|---|-------------------|---------------|
| 5:30-7:45am       | Lap Swim<br>5:30am – 7:45am  | OCSC/Lap<br>5:30am – 7:45am  | Lap Swim<br>5:30am – 7:45am         | OCSC/Lap<br>5:30 – 7:45am  | Lap Swim<br>5:30am – 7:45am         |  |   |                   |               |
| 8:00 - 11:00am    | <p align="center"><b>Oregon School District Physical Education Swim Classes</b><br/>                     Pool Closing at 4:30pm for OHS Swim Meet: 1/9, 1/21, 1/28</p>   |  |                                     |  |                                     | OHS<br>7:30 - 9:30am                     |   |                   |               |
|                   |  |  |                                     |  |                                     | OCSC<br>9:30 - 11:00am                   | Water Polo/Lap<br>10:00 - 11:00am   |                   |               |
| 11:00am - 12:30pm | Water Exercise<br>11:00am - 12:00pm  | Lap Swim<br>11:00am - 12:30pm<br>*Lap swim priority*   | Water Exercise<br>11:00am - 12:00pm | Lap Swim<br>11:00am - 12:30pm<br>*Lap swim priority*                           | Water Exercise<br>11:00am - 12:00pm | Lap Swim<br>11:00am - 1:00pm             | Lap Swim<br>11:00am –1:00pm   |                   |               |
| 12:30 - 3:00pm    | Open/Lap Swim<br>12:00-1:30pm  | Open/Lap Swim<br>12:30-1:30pm  | Open/Lap Swim<br>12:00-1:30pm       | Open/Lap Swim<br>12:30-1:30pm  | Open/Lap Swim<br>12:00-1:30pm       | Open Swim<br>1:00-4:00pm                 | Family Swim<br>1:00-4:00pm  |                   |               |
|                   | <p align="center"><b>Oregon School District Physical Education Swim Lessons</b><br/>                     Special School's Out Open Swims 1-3pm: 2/17, 3/31-4/4</p>   |  |                                     |  |                                     |  |   |                   |               |
| 3:00 - 4:00pm     | Swim Team<br>3:15-9:00pm   | Swim Team<br>3:15-7:00pm   | Swim Team<br>3:15-7:30pm            | Swim Team<br>3:15-7:00pm   | Swim Team<br>3:15-9:00pm            | Available for<br>Rental<br>4:00 - 8:00pm | Swim Lessons /<br>Special Olympics<br>4:00 - 7:30pm<br><u>Session 1</u><br>1/26 - 3/9<br><u>Session 2</u><br>4/7 - 5/18 |                   |               |
| 4:00 - 6:00pm     |  |  |                                     |  |                                     |  |   |                   |               |
| 6:00 - 7:00pm     | Swim Lessons<br><u>Session 1</u><br>1/27-3/10<br><u>Session 2</u><br>4/8-5/19  | Lap Swim<br>7-9pm  | OCSC<br>7-9pm                       | Swim Lessons<br><u>Session 1</u><br>1/29-3/12<br><u>Session 2</u><br>4/10-5/21 | Lap Swim<br>7:30-9pm                |  |   | Lap Swim<br>7-9pm | OCSC<br>7-9pm |
| 7:00 - 8:00pm     |  | OCSC = Oregon<br>Community Swim<br>Club<br>Information for the<br>Community Swim<br>Club is located in the<br>lobby of the Oregon<br>Pool. |                                     |  |                                     |  |   |                   |               |
| 8:00 - 9:00pm     |  |  |                                     |  |                                     |  |   |                   |               |
| 9:00 - 10:00pm    | Cleaning   |  |                                     |  |                                     |  |   |                   |               |
|                   | <p align="center"><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.</p> |  |                                     |  |                                     |  |   |                   |               |

**OREGON POOL SWIM DESCRIPTIONS WINTER/SPRING 2025**

**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.