

Oregon Pool Spring 2025 Schedule: 4/7/2025 – 5/26/2025							
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		
8:00 - 11:40am	Oregon School District Physical Education Swim Classes <u>Pool Closed All Day:</u> 4/20, 5/26					OCSC 9:00 - 11:00am	
11:40am - 1:00pm						Water Exercise 11:40am - 12:40pm	Lap Swim 11:40am - 12:40pm *Lap swim priority*
1:00 - 3:00pm	Oregon School District Physical Education Swim Lessons 12:45-1:45pm					Lap Swim 11:00am - 1:00pm	Lap Swim 10:00am –1:00pm
	Open/Lap Swim 2:00-3:00pm	Open/Lap Swim 2:00-3:00pm	Open/Lap Swim 2:00-3:00pm	Open/Lap Swim 2:00-3:00pm	Open/Lap Swim 2:00-3:00pm	Open Swim 1:00-4:00pm	Family Swim 1:00-4:00pm
3:00 - 6:00pm	Swim Team 3:15-7:45pm	Swim Team 3:15-7:45pm	Swim Team 3:15-7:45pm	Swim Team 3:15-7:45pm	Swim Team 3:15-9:00pm	Available for Rental 4:00 - 8:00pm	Swim Lessons / Special Olympics 4:00 - 7:30pm <u>Session 1</u> 1/26 - 3/9 <u>Session 2</u> 4/7 - 5/18
6:00 - 7:00pm	Swim Lessons <u>Session 2</u> 4/7-5/19	Lap Swim 6-9pm	Swim Lessons <u>Session 2</u> 4/9-5/21	Lap Swim 6-9pm	OCSC = Oregon Community Swim Club Information for the Community Swim Club is located in the lobby of the Oregon Pool.		
7:00 - 8:00pm							
8:00 - 9:00pm	Lap Swim 7-9pm	Open Swim 8-9pm	Lap Swim 7-9pm	Open Swim 8-9pm			
9:00 - 10:00pm	Cleaning <u>Please Note:</u> 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 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.