

Oregon Pool Summer 2026 Schedule: 6/15/2026 – 8/30/2026

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	Oregon Kid's Triathlon AUGUST 8th Go to : www.oregonkidstri.com		
8:00 - 11:00am	<u>Summer School Swim Lessons</u> 8:00am - 12:00pm							
11:00am - 12:00pm	<u>Session 1</u> - June 15 - June 26 <u>Session 2</u> - June 29 – July 10		<u>Session 3</u> - July 13 - July 24		<u>Session 4</u> - July 27 - Aug 7 <u>Session 5</u> - Aug 10 - Aug 21		Lap Swim 11:00am – 1:00pm	Lap Swim 10:00am – 1:00pm
12:00 - 1:00pm	Water Exercise 12:00 – 1:00pm	Lap Swim 12:00pm - 1:00pm	Water Exercise 12:00 – 1:00pm	Lap Swim 12:00pm - 1:00pm	Water Exercise 12:00 – 1:00pm			
1:00 - 3:00pm	<u>Open Swim</u> 1-3pm Pool Closes on August 7th after 1:00pm, closed all day July 4th					Open Swim 1:00-4:00pm	Family Swim 1:00-5:00pm	
3:00 - 6:00pm	Swim Team 3:00pm – 7:15pm	Swim Team 3:00pm – 7:15pm	Swim Team 3:00pm – 7:15pm	Swim Team 3:00pm – 7:15pm	Swim Team 3:00pm – 7:30pm	Available for Rental 4:00-8:00pm Go to: https://www.oregonsd.org/Page/182 to make your reservation!	Families get in for only \$5!	
6:00 - 7:00pm	Summer Swim Lessons 6-9pm <u>Session A</u> 6/15-7/15	Summer Swim Lessons 6-9pm <u>Session B</u> 6/16-7/16	Deep Water ex 7-8pm	Summer Swim Lessons 6-9pm <u>Session A</u> 6/15-7/15	Lap Swim 7:30-9pm		Water Ex 7-8pm	Summer Swim Lessons 5:00-7:30pm <u>Session E:</u> 6/21-8/16
7:00 - 8:00pm								
8:00 - 9:00pm	<u>Session C</u> 7/20-8/19	<u>Session D</u> 7/21 -8/20	Lap Swim 7:30- 9pm	<u>Session C</u> 7/20-8/19	<u>Session D</u> 7/21 -8/20		Lap Swim 8- 9pm	
9:00 - 10:00pm	<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 SUMMER 2026

Family Swim: Children must be accompanied in the water by 16 year old or older member of own family. At all times a responsible teen or adult must be in water with a child who cannot touch bottom at 3' end (recommended height is 4'). **Lap Swim:** Open to swimmers 14 and up. You may swim at your own pace but you must use lap lanes for lap swimming. 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