

Oregon Pool Fall 2026 Schedule: 8/31/2026 – 10/4/2026												
Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
5:30-7:45am	Lap Swim 5:30am – 7:45am		Masters/OCSC/ Lap Swim 5:30am – 7:45am		Lap Swim 5:30am – 7:45am		Master/OCSC/ Lap Swim 5:30 – 7:45am		Lap Swim 5:30am – 7:45am		OHS 7:30 - 9:30am	
8:00 - 11:00am	Oregon School District Physical Education Swim Lessons 8:00-11:30am <u>Pool Closed: 9/7, 11/26, 11/27, 12/24, 12/25, 12/31, 1/1</u> Pool closes at 4:30pm for OHS swim meets on: 8/25, 9/15, 10/6											
11:00am-1:00pm	Water Exercise 11:30am - 12:30pm		Lap Swim 11:30am - 12:30pm *Lap Swim Priority		Water Exercise 11:30am - 12:30pm		Lap Swim 11:30am - 12:30pm *Lap Swim Priority		Water Exercise 11:30am - 12:30pm		Lap Swim 11:00am - 1:00pm	Lap Swim 11:00am –1:00pm
1:00 - 3:00pm	Oregon School District Physical Education Swim Lessons 12:45-2:05pm										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 - 7:30pm
6:00 - 7:00pm	Swim Lessons 6-9pm	OCSC 6-9pm	OCSC 6-9pm	Water ex (deep) 6-7pm	Swim Lessons 6-9pm	OCSC 6-9pm	Water Ex (deep) 6-7pm	OCSC 6:00 - 8:45pm		OCSC = Oregon Community Swim Club Information for the Community Swim Club is located in the lobby of the Oregon Pool.		Session 1 9/13 - 10/18 Session 2 11/1-12/13
7:00 - 8:00pm	Session 1 9/14-10/19			Lap Swim 7:30- 9pm	Session 1 9/16-10/21		Lap Swim 7:30- 9pm					
8:00 - 9:00pm	Session 2 11/2-12/14			Session 2 11/4-12/16								
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 FALL 2026

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'). On Tu/Th nights, Open swim will be in half the pool from 8-9pm **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 the door and wall of the whirlpool room. **Call our front desk with any questions:** 608-835-8617