

South Umpqua Memorial Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 10:00am		Lap Swim	Water Works Aerobics	Water Works Aerobics	Water Works Aerobics	Water Works Aerobics	
10:00 – 12:30pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Pool Closed	
12:00 – 1:00pm			Swim Club		Swim Club		
12:30-1:30pm		Lap Swim	Private Lessons	Lap Swim	Private Lessons	Lap Swim	
1:30 - 4:30 pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim.	Public Swim
4:30 – 5:30pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Pool Closed.	
5:30 – 6:30pm		Water Workout	Water Workout	Lap Swim	Water Workout	Lap Swim	
6:30 – 8:30pm		Public Swim	Family Swim	Public Swim	Family Swim	Public Swim	



South Umpqua Memorial Pool

710 Bataan Ave. Myrtle Creek Or.

541-863-6805



@ South Umpqua Memorial Pool

PUBLIC SWIM

\$1.00 per person

Open to all, **children must be 8 years or over and able to swim to be left without an adult. Those unable to swim must be 14 to be unaccompanied while at the pool.** You must pay for each public swim that you attend, paying for the 1:30 public swim does not grant you access to the 6:30 public swim.

20 visit Family Pass

We have a 20 visit pass for \$20.00. This is for convenience, eliminating the need to bring cash each time. Pass holders are required to check in at the counter before entering the pool. During **Family Swim** those under 18 must have an adult.

Pool Rentals

\$75.00 per hours.

Rentals are available on Saturday and Sunday before and after Public Swims between the hours of 10:00am – 1:00pm and 5:00pm – 8:00pm.

For parties over 50 swimmers a third lifeguard will be required with an additional \$25.00 per hour. Full payment required to book rental.

WATER WORKOUT CLASSES

\$2.00 per person

Water fitness classes are available to those **16 and older.** No swimming skills are required. These are aquatic

exercise programs designed for any fitness level. Adults are not required to participate in the class, as long as they are not interfering.

LAP SWIM

\$2.00 per person

The number of lane lines will depend on the number of lap swimmers. Lap Swim as well as Water Workout may also serve as an Adult swim. Adults may lounge and float at their leisure during these times.

20 Visit Workout Pass

This pass is \$35.00 saving you if you buy in bulk. These passes may be used for Water Aerobics as well as Lap Swim. They may not be used for Public Swim times.

SWIM LESSONS

\$30.00 per child.

These are 30 minute classes Monday – Thursday for two weeks providing 8 individual lessons.

Session #1 June 17th – 27th

Session #2 July 1st – 11th

Session #3 July 15th – 25th

Session #4 July 29th – Aug. 8th

Session #5 Aug. 12th – Aug. 22nd

More Sessions TBA

Sign-Ups for each session begin the Wednesday before the session starts.

Level 1 – Introduction to the water

Focus on becoming comfortable in the water; floating, kicking, and basic swimming motions with support.

Level 2 – Fundamental Aquatic Skills

Beginning strokes; front crawl, back crawl. Most strokes are done without support.

Level 3- Stroke Development

Focus on learning front crawl with side breathing, elem. backstroke, and diving.

Level 4 – Stroke Improvement

Sidestroke, breaststroke, butterfly, open turns, as well as some first aid.

Level 5 – Stroke Refinement

Refinement on all strokes, endurance training.

Private Lessons are offered upon request and instructor availability.

SWIM CLUB

Those who are equivalent to a level 4 or higher may participate in swim club Tues/Thurs from 12:00 – 1:00pm. \$2.00 per practice or \$35.00 for the season.

Rates and times may be subject to change. Please call the Pool for any questions.

Call the Pool at 541-863-6805

See you when the sun comes out

