



Youth Swimming

Hours & Info

The schedule below is subject to change. For the most up-to-date schedule, visit GetRec.org/pools or give the pools a call.

Baby Swims Ages 0-3 with adult

Children under 3 and their adults can enjoy the warm water pool together. Adults must be in the water with their children. Admission is not included with swim lesson registration. Please purchase a pass or drop-in admission.

Sheldon Pool, Jan 2-Jun 16
Warm Water Pool
MWF 10-11a
TuTh 10:30-11:30a

Family Swims All ages

Adults must be in the water with their children. Admission is not included with swim lesson registration. Please purchase a pass or drop-in admission.

Echo Hollow Pool, Jan 2-Jun 16
M-F 2-3:30p

Sheldon Pool, Jan 2-Jun 16
Warm Water Pool
M-Th 1:30-2:30p
TuTh 7-8p
F 4:30-5:30p

Recreation Swims All ages

Play and swim times open to all ages. Children under 4 feet must be accompanied by an adult age 18 or older (one adult per child) or be able to pass a swim test. Admission is not included with swim lesson registration. Please purchase a pass or drop-in admission.

Echo Hollow Pool, Jan 2-May 18 & Jun 3-16
TuThF 7-8:30p
Sa 12:30-2p

Sheldon Pool, Jan 2-Jun 16
MW 7-8:30p
Su 12-1:30p

No School Swim Days All ages

Bring the kids to the pool on their day off! Play and swim times open to all ages. Children under 4 feet must be accompanied by an adult age 18 or older (one adult per child) or be able to pass a swim test. Admission is not

included with swim lesson registration. Please purchase a pass or drop-in admission.

Echo Hollow Pool
Jan 2, Feb 2, 16, Mar 15, Apr 12, 26 1:30-3:30p

Sheldon Pool
Jan 2, Feb 1, 2, Apr 1, 12 1:30-3:30p

Birthday Party Packages

Please visit GetRec.org/recrentals for information about birthday party packages.

Echo Hollow & Sheldon Pools

Closures/Modified Schedules

Echo Hollow Pool

Dec 17-31 Holiday schedule
Jan 1 Closed for holiday
Jan 12 Free fitness day
Jan 15 Closed for holiday
Feb 19 Closed for holiday
Mar 25-30 Spring Break schedule
May 19-Jun 2 Closed for maintenance

Sheldon Pool

Dec 17-31 Holiday schedule
Jan 1 Closed for holiday
Jan 12 Free fitness day
Jan 15 Closed for holiday
Feb 19 Closed for holiday
Mar 25-30 Spring Break schedule
May 27 Closed for holiday
Jun 2 Closed for staff training

See No School Swim Days for additional schedule changes.

Pool Fees

	Single Visit	10 Visit Pass	30 Day Pass	90 Day Pass
Youth (3-17)	\$5.50	\$40	\$48	\$116
Adult (18+)	\$6.00	\$46	\$59	\$143
Senior (60+)	\$5.50	\$40	\$48	\$116
Family*	\$18.00	\$99	\$119	\$286

All entry requires an admission fee for ages 3 and up. Children age 2 and under are free with a paid adult.

Passes 20% extra for nonresidents.

*Additional charges for more than 5 people.

Swim Diapers Policy: City of Eugene swim facilities require swim diapers that are elastic fitting around the legs and waist for non-toilet trained individuals.

Youth Program

Lifeguarding Class Prep Ages 14+

This class teaches students the skills needed for the lifeguard pretest which includes a 300-yard swim, two minutes of treading water and a timed brick retrieval in deep water. An overview of other lifeguarding basics and what to expect from the lifeguarding class will also be provided. No prerequisites.

Sheldon Pool
Jan 2-Feb 8 TuTh 6:30-7p \$72 #27098

American Red Cross Lifeguarding Ages 15+

For people interested in working as a lifeguard. Learn to recognize and rescue a person in distress or drowning situation. Understand professional lifeguard responsibilities. Practice and review lifeguard skills. Pretest of water skills is required. Must be a good swimmer.

Echo Hollow Pool
Dec 18-22 M-F 9a-5p \$125 #27207
Mar 25-29 M-F 9a-5p \$125 #27005
Apr 12-21 F 4-8p, SaSu 9a-5p \$125 #27013
May 3-12 F 4-8p, SaSu 9a-5p \$125 #27015

BIPOC Water Safety & Lifeguard Cohort Ages 12-18

BIPOC youth will have the opportunity to increase their skills in the water with potential to train as lifeguards. Depending upon skill level and age at the start of the program, some will work to become more comfortable in the water, while others may pursue lifeguard certification. Ages 12-14 could pursue junior lifeguard skills, while ages 15-18 could pursue lifeguard certification and apply for employment with the City of Eugene.

Sheldon Pool
Feb 13-Mar 21 TuTh 6:30-7p \$72 #27105

Water Safety & Swim Skills Ages 5-12

This program is for youth with disabilities to engage in low sensory swim time in the warm water pool. Currently, there is not an instructor to facilitate this class, however the pool will be open for children and their parents or care providers to practice swim skills and water comfort. For questions call 541-682-5311 or email recadaptive@eugene-or.gov.

Sheldon Pool
Jan 21-Mar 10 Su 11-11:50a \$32 #26938
Apr 7-May 26 Su 11-11:50a \$32 #26939

Swim Lessons

❶ Introductory Parent-Child Ages 6 months+

No prerequisites. Parents and babies enjoy the water together. Parents receive safety tips and participate in songs and games to increase their child's comfort in the water. Infants must wear elastic fitting reusable swim diapers; see page 33.

❷ Advanced Parent-Child Ages 18 months+

No prerequisites. Parents and babies work together in the water to develop important basic skills and build a foundation to comfortably participate in preschool swim lessons. The class covers safety topics, songs, games, floating, kicking, arm strokes and blowing bubbles. Infants must wear elastic fitting reusable swim diapers; see page 33.

❸ Starfish Ages 3-5

No prerequisites. This introductory class teaches students to submerge and safely participate while learning basic body positioning and swimming skills. Children attend lessons independently from parents. Parents will be able to observe child's lesson from spectator areas. No goggles, please.

❹ Otters Ages 3-5

Prerequisites: Starfish, or participate independently in a class setting, jump in and submerge independently. Swimmers work on increasing comfort in the water, becoming independent and confidently submerging. Skills focus on front kicks, glides and extended independent floats. No goggles, please.

❺ Penguins Ages 3-5

Prerequisites: Otters, or independently roll from front to back while kicking, demonstrate long-reach front crawl arms. Swimmers learn side breathing and backstroke while increasing their stamina and swimming skills. Swimmers gain a better understanding of body positioning and movement in water and work on important safety skills.

❻ Seals Ages 3-5

Prerequisites: Penguins, or front crawl with side breathing for five cycles. Swimmers gain confidence and endurance while improving side breathing, backstroke and treading water skills. Students work in deeper water and are introduced to diving. Safety topics build on material from previous classes.

❼ Orcas Ages 3-5

Prerequisites: Seals, or strong front crawl and backstroke 15 yards. Swimmers improve their front crawl and backstroke technique and are introduced to the basics of breaststroke and butterfly. Students comfortable in deep water continue to build confidence and endurance as they progress to swimming lengths and treading water.

❸ Beginner Ages 6-10

No prerequisites. Students learn to be comfortable in the water by exploring body positions and safety skills. Introduction to putting face in the water. No goggles, please.

❹ Fundamental Skills Ages 6-10

Prerequisites: Beginner class, or independently enter water and bob to safety and independently front glide. Students comfortable in the water will learn introductory front and back crawl with focus on body position and buoyancy.

❺ Deep Water Confidence Ages 6-10

Prerequisites: Fundamental Skills, or front crawl with side breathing (six cycles) and backstroke (five cycles). Those with front and back crawl experience will refine their stroke and build endurance. Swimming skills in deep water will be practiced. Advanced body position techniques will also be practiced.

❻ Building Endurance Ages 6-10

Prerequisites: Deep Water Confidence, or front crawl and backstroke 15 yards and tread water for two minutes. For a more confident swimmer. Students will work on swimming a full length of the pool while perfecting and practicing front crawl, back crawl, breaststroke kick and more.

❼ Advanced Strokes Ages 6-10

Prerequisites: Building Endurance, or front crawl and backstroke 25 yards. For the more advanced swimmer. Students will refine strokes and increase distances. This course engenders swimming as a source of lifelong fitness.

❸ Pre-Competitive Training Ages 6-10

Prerequisites: Advanced Strokes, or front crawl and backstroke 50 yards. Class focused on the four strokes used in competition. Learn starts, turns and info to prepare you to enter the exciting world of competitive swimming.

❹ Middle School Ages 11-13

No prerequisites. For middle school-aged students of all skill levels. We'll teach you where you're at, be it a beginner with no experience or if you're looking for skill refinement.

❺ Teen Swim Lessons Ages 14-17

No prerequisites. For teen students of all skill levels. We'll teach you where you're at, be it a beginner with no experience or if you're looking for skill refinement.

❻ Adult Swim Lessons Ages 18+

No prerequisites. For adult students of all skill levels. We'll teach you where you're at, be it a beginner with no experience or if you're looking for skill refinement.

❼ Private/Semi-Private Ages 3-adult

One-on-one private lessons give swimmers individual attention. For semi-private group lessons, please contact staff.

Echo Hollow Pool Lessons

Sessions are 3-4 weeks
2 classes per week, MW or TuTh
30 minute classes

- Session 1** Jan 2-25 4 weeks
MW \$36 TuTh \$48 (no class Jan 1, 15)
- Session 2** Jan 29-Feb 22 4 weeks
MW \$42 TuTh \$48 (no class Feb 19)
- Session 3** Feb 26-Mar 21 4 weeks
MW \$48 TuTh \$48
- Session 4** Apr 1-25 4 weeks
MW \$48 TuTh \$48
- Session 5** Apr 29-May 16 3 weeks
MW \$36 TuTh \$36

Ages	# Title	Monday/Wednesday	Tuesday/Thursday
6 mo+	1 Intro Parent-Child		5:20p
18 mo+	2 Advanced Parent-Child		5:55p
3-5	3 Starfish	5:20p 5:55p	5:20p 5:55p
	4 Otters	5:20p 5:55p	6:30p
	5 Penguins		6:30p
6-10	6 Seals	5:55p	
	7 Orcas		5:55p
	8 Beginner	5:55p 6:30p	5:20p 5:55p
	9 Fundamental Skills	5:20p	5:20p 6:30p
6-13	10 Deep Water Confidence	6:30p	
	11 Building Endurance	6:30p	
	12 Advanced Strokes		6:30p
11-13	14 Middle School	6:30p	

Sheldon Pool Lessons

Sessions are 4-5 weeks
2 classes per week, MW or TuTh
30 minute classes

- Session 1** Jan 2-25 4 weeks MW \$36 TuTh \$48 (no class Jan 1, 15)
- Session 2** Jan 29-Feb 22 4 weeks MW \$42 TuTh \$48 (no class Feb 19)
- Session 3** Feb 26-Mar 21 4 weeks MW \$48 TuTh \$48
- Session 4** Apr 1-25 4 weeks MW \$48 TuTh \$48
- Session 5** Apr 29-May 30 5 weeks MW \$54 TuTh \$60 (no class May 27)

Ages	# Title	Monday/Wednesday	Tuesday/Thursday
6 mo+	1 Intro Parent-Child	4:10p	4:45p
18 mo+	2 Advanced Parent-Child	4:45p	4:10p
3-5	3 Starfish	4:10p 5:20p 5:55p	4:45p 5:20p 5:55p
	4 Otters	4:45p 5:20p 6:30p	4:10p 5:55p 6:30p
	5 Penguins	5:20p 5:55p 6:30p	5:20p 5:55p
6-10	6 Seals		6:30p
	7 Orcas		6:30p
	8 Beginner	5:20p 5:55p	5:55p 6:30p
	9 Fundamental Skills	5:20p 5:55p 6:30p	5:20p 5:55p
6-13	10 Deep Water Confidence	5:20p 5:55p	5:20p 5:55p
	11 Building Endurance	5:55p	5:20p
	12 Advanced Strokes	6:30p	
14-17	13 Pre-Competitive Training		6:30p
11-13	14 Middle School	6:30p	
14-17	15 Teen	6:30p	
18+	16 Adult (sessions 4 & 5 only)		6:30p