



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING MEMORIES ONE CANNONBALL AT A TIME

CAVEMAN POOL 2022 Summer Season

JUNE 20TH – AUGUST 26TH

INDEPENDENCE DAY - CLOSED

Day Price

3 yrs. and under w/ paid adult	Free
Youth (4-17)	\$3.00
Adult (18+)	\$4.50
Family of 4*	\$9.00

*additional guests pay regular admission.

Season Pass

Youth	\$61.75
Adult	\$96.25

Available for purchase at the YMCA or Caveman Pool.



HOURS OF OPERATION**

**Closures may occur due to inclement weather, poor air quality during wildfire season, contamination, low attendance, insufficient staffing or private events.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (lanes available)	8a - 11:30a (6) 5:30p - 6:30p (Y Swim Team) 6:30p - 7:30p (3)	8a - 11:30a (6) 10a - 11:30a (Adult Swim Club) 6p - 7:30p (3)	8a - 11:30a (6) 5:30p - 6:30p (Y Swim Team) 6:30p - 7:30p (3)	8a - 11:30a (6) 10a - 11:30a (Adult Swim Club) 6p - 7:30p (3)	8a - 11:30a (6) 6p - 7:30p (3)	8a - 11:30a (6)	N/A
Water exercise Preschool family swim (5 & under)	8a - 11:30a	8a - 11:30a 6p - 7p (Class)	8a - 11:30a	8a - 11:30a 6p - 7p (Class)	8a - 11:30a	N/A	N/A
Swim Lessons	9a - 12p	9a - 12p	9a - 12p	9a - 12p	N/A	N/A	N/A
Open Swim	12p - 4p 4:30p - 7:30p	12p - 4p 4:30p - 7:30p	12p - 4p 4:30p - 7:30p	12p - 4p 4:30p - 7:30p	12p - 4p 4:30p - 7:30p	12p - 4p 4:30p - 8p	11a - 4p

CAVEMAN POOL
801 NE 9th St, Grants Pass, OR 97526
541-479-2569 | www.grantspassoregon.gov/291/Caveman-Pool

GRANTS PASS FAMILY YMCA
1000 Redwood Ave, Grants Pass, OR 97527
541-474-0001 | www.grantspassymca.org



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Swim Lessons

Every 2 weeks, beginning June 27th

Registrations can be completed in person at the YMCA or online at grantspassymca.org

8 lessons

30 minute lessons (Parent/Child & Preschool)

\$84

40 minute lessons (School Age)

\$112

*No lessons July 4th, Independence Day

Mon - Thu

Session Dates

Preschool

Stage 1:	9:00am
Stage 2:	9:45am
Stage 3:	10:30am
Stage A&B:	11:15am

Session A:	6/27 - 7/7*
Session B:	7/11 - 7/21
Session C:	7/25 - 8/4
Session D:	8/8 - 8/18

School Age

Stage 1:	9:00am
Stage 2:	9:45am
Stage 3:	10:30am

Registrations open two weeks prior to the start of each session.
YMCA reserves the right to combine and or cancel classes as necessary.
Fee includes a \$5 non-refundable deposit

Swim Starters (Parent & Child)

A / Water Discovery Introduces infants and toddlers to the aquatic environment.

B / Water Exploration Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

Swim Basics (Preschool & School Age)

1 / Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2 / Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3 / Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Stand up Paddleboard

This exciting and fun small group training program is great for all abilities ages 10 and up.

A mix of fitness techniques such as Pilates, Yoga and Cardio. You'll experience a work out that is both rewarding and challenging every time. The board is very stable so you don't need to be an expert to stand up on it and you can accomplish many of the workouts while kneeling.

Must be able to actively participate in the class and be able to pass a swim test if necessary.

Tuesdays and Thursdays from 6pm to 7pm

\$20/ month. Not sure? Try out a class for free (1 time only).

Sign up at the YMCA or online at grantspassymca.org

Private/Semi-Private Lessons

Work at your own pace with a customized curriculum to meet your desired goals.

Available for all swimming abilities ages 3+.

Private lessons are 1 student to 1 instructor ratio

Semi-private lessons are 2+ students to 1 instructor ratio

Prices are per student. Must be scheduled before payment.

For more questions contact Brock Willis at

541-916-5791 bwillis@grantspassymca.net

Private 30 Minute Lessons

5 lessons | \$140

Semi - Private 30 Minute Lessons

5 lessons | \$104

Pool Rentals

Reservations are available for private parties or events from 6:30p to 8:30p, Monday - Saturday & 4p to 8p, Sundays

All party/event registrations must be paid a minimum of two weeks in advance at the YMCA.

Cancellations must be done a minimum of 24hrs in advance to receive a refund, unless under certain circumstances such as poor air quality.

Lap Lanes are available for reservation by private groups needing only a part of the pool. Only available during posted lap swim hours.

Table rentals are available all day.

Rental Fees

Private Group (up to 75 guests)* \$150/hr. (min 2hrs)

Lap lane** \$25/hr./lane (min 1hr.)

Table \$15/hr./table (min 1hr.)

*Additional guests pay normal day fee.

**Guests must pay day fee if not a season pass holder.

Please contact Brock Willis to reserve your spot.

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