



EASTSIDE FAMILY YMCA AQUATIC SCHEDULE

8/7/2022 - 12/30/2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
8:30-9:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Adults Only - Water Exercise	Water Fitness
9:30-10:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
10:30-11:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
11:15am-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00-6:45pm	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons	Open Swim
6:45-7:15pm	Swim Academy	Swim Academy	Lap Swim	Lap Swim	Open Swim	Open Swim
7:15-7:30pm	Swim Academy	Swim Academy	Lap Swim	Aqua Angels	Aqua Angels	Aqua Angels
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Aqua Angels	Aqua Angels	Aqua Angels

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
8:30-9:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Adults Only - Water Exercise	Water Fitness
9:30-10:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
10:30-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00-6:45pm	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons	Open Swim
6:45-7:30pm	Swim Academy	Swim Academy	Lap Swim	Lap Swim	Open Swim	Open Swim
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim

WEDNESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
8:30-9:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Adults Only - Water Exercise	Water Fitness
9:30-10:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
10:30-11:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
11:15am-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00-6:45pm	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons	Water Fitness (6:00-7:00pm)
6:45-7:30pm	Swim Academy	Swim Academy	Lap Swim	Lap Swim	Open Swim	Water Fitness (6:00-7:00pm)
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim

THURSDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
8:30-9:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Adults Only - Water Exercise	Water Fitness
9:30-10:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
10:30-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00-6:45pm	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons	Open Swim
6:45-7:30pm	Swim Academy	Swim Academy	Lap Swim	Lap Swim	Open Swim	Open Swim
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim

FRIDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
5:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
8:30-9:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Adults Only - Water Exercise	Water Fitness
9:30-10:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
10:30-11:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Adults Only - Water Exercise
11:15-3:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
3:00-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	ASCC Fun Swim	Open Swim
4:00-7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim

SATURDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
7:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
8:00-9:00am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Water Fitness
9:00-12:00pm	Swim Lessons	Lap Swim	Lap Swim	Water Walking	Swim Lessons	Open Swim
12:00-3:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim

SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
1:00pm-4:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE TO BETTER FIT THE NEEDS OF ALL YMCA MEMBERS, GUESTS, AND PROGRAM NEEDS. WE APPRECIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE.

ACTIVITY DESCRIPTIONS

Lap Swim	At least 1 lap lane is always available for Lap Swim. Individual lanes are not guaranteed. Please circle swim if asked
Lane 1	Closest to the windows
Lane 4	Closest to deep and shallow end
Water Fitness	Aqua Exercise classes are taught by Certified Instructors. For more information see the aqua exercise schedule.
ASCC Fun Swim	Eastside YMCA Afterschool kids fun swim.
Open Swim	During family fun swim individuals and family's of all ages are welcome with the appropriate adult supervision. Children 0-4 years old must have a parent or guardian in the pool with them in the water within arm's reach. Children 5-12 years old must have a parent or responsible adult present on the pool deck at all times. (Must take swim test) Children 5-14 must wear a Coast Guard approved Life vest (PFD), pass a swim test, or be within arms reach of parent or an adult
Adult Water Exercise	Adults Only
Lap Swim	Lap swim will include any activity involving moving back and forth in a lane, including water walking. Open swim or playing is not included. Spaces are on a first come first served basis. Sharing of lanes is encouraged
Water Walking	During this time lane(s) are reserved strictly for walking back and forth.
Swim Lessons	Helps learn how to swim from beginner to swimming laps. All ages (sign up at the front desk)
Aqua Angels	During this time, sections of the pool will be closed for use by a local non-profit that teaches adults how to swim.

Aquatics Facility Hours (Pool / Steamroom / Spa / Sauna)

Monday-Thursday 5:00am-8:30pm	Friday 5:00am-7:30pm
Saturday 7:00am-3:30pm	Sunday Closed