



EASTSIDE FAMILY YMCA

AQUATICS SCHEDULE

August 8-31, 2023

Color Key →

Open Swim / No Programming

Reserved for Programming

MONDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim / Water Walk		Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim		Water Fitness
9:30-10:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
10:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
11:30-12:10pm	Lap Swim	Lap Swim	Lap Swim	Adult Class	Open Swim	Adult Class	Open Swim
12:10-1:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
1:00-2:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Open Swim		Open Swim
2:30-3:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Swim Lessons		Open Swim
2:00-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Water Walking	Swim Lessons		Open Swim
5:00-6:10pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons		Open Swim
6:10-6:45pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim / Water Walk		Open Swim
6:45-7:25pm	Lap Swim	Lap Swim	Lap Swim	Adult Class	Open Swim	Adult Class	Open Swim
7:00-8:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim / Water Walk		Open Swim

TUESDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim / Water Walk		Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim		Water Fitness
9:30-10:00am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
10:00-11:30pm	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
11:30-12:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Swim Lessons		Open Swim
12:00-1:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
1:00-2:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Open Swim		Open Swim
2:00-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Swim Lessons		Open Swim
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons		Open Swim
6:00-8:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	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	Lap Swim	Open Swim / Water Walk		Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim		Water Fitness
9:30-10:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
10:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
11:30-12:10pm	Lap Swim	Lap Swim	Lap Swim	Adult Class	Open Swim	Adult Class	Open Swim
12:10-1:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
1:00-2:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Open Swim		Open Swim
2:30-3:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Swim Lessons		Open Swim
3:00-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Water Walking	Swim Lessons		Open Swim
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons		Open Swim
6:00-7:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim / Water Walk		Water Fitness
6:45-7:25pm	Lap Swim	Lap Swim	Lap Swim	Adult Class	Open Swim	Adult Class	Open Swim
7:00-8:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim / Water Walk		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	Lap Swim	Open Swim / Water Walk		Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim		Water Fitness
9:30-10:00am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
10:00-11:30pm	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness		Open Swim
11:30-12:00pm	Lap Swim	Lap Swim	Lap Swim	Adult Class	Open Swim	Adult Class	Open Swim
12:00-1:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
1:00-2:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Open Swim		Open Swim
2:00-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim		Open Swim
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Swim Lessons		Open Swim
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons		Open Swim
6:00-8:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	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	Lap Swim	Open Swim / Water Walk	Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness
9:30-10:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
10:30-11:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-12:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
12:00-2:15pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
2:15-3:00	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
3:00-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00-7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim / Water Walk	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	Lap Swim	Open Swim / Water Walk	Open Swim
8:00-8:45am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness
9:00-10:00am	Lap Swim	Lap Swim	Lap Swim	Water Walking	Swim Lessons	Open Swim
10:00-1:00pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Open Swim
1-3:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim / Water Walk / Scuba Group	Open Swim	Open Swim / Scuba Group

SUNDAY

Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
1:00-4:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim / Water Walk / Scuba Group	Open Swim	Open Swim / Scuba Group

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE TO BETTER FIT THE NEEDS OF ALL YMCA MEMBERS, GUESTS, AND USER GROUPS. WE APPRICIATE 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	Please share lap lanes - up to 2 participants at a time.	
Lane Locations	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.	
Open Swim	During family fun swim individuals and family's of all ages are welcome with the appropriate adult supervision.	
Swim Policy	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	
	Children 5-14 must wear a Coast Guard approved Life vest (PFD), pass a swim test, or be within arms reach of parent	
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 may be used for water walking back and forth.	
Swim Lessons	Helps learn how to swim from begginer to swimming laps. All ages (sign up at the front desk)	

Aquatics Facility (Pool / Steamroom / Spa / Sauna) **CLOSES 30 MINUTES** before the facility closes.