

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE Fobruary 2024

		Fe	bruary	2024		
Color Key	Open	Swim / No Progran			Reserved for Programming	
MONDAY						
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	Water Fitness	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
11:30-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00pm-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
6:00pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	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	Water Fitness	Open Swim Water Fitness	Water Fitness
9:30-10:00am 10:00-11:30pm	Lap Swim Lap Swim	Lap Swim Lap Swim	Water Fitness Water Fitness	Water Fitness Water Fitness	Water Fitness	Open Swim Open Swim
11:30-4:00pm	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
6:00-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
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WEDNESDAY	11	1	1	1.5.5.4	Shallow Section	Door Section
Time 5:00-8:30am	Lane 1 Lap Swim	Lane 2 Lap Swim	Lane 3 Lap Swim	Lane 4 Lap Swim	Open Swim / Water Walk	Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	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
11:30-4:00pm	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	Lap Swim	Open Swim	Water Fitness
7:00-8:30pm	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	Lap Swim	Open Swim / Water Walk	Open Swim
8:30-9:15am					O	
u. 30 - 10.00 am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	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	Lap Swim Lap Swim	Water Fitness Water Fitness	Water Fitness Water Fitness	Water Fitness Water Fitness	Open Swim Open Swim
10:00-11:30pm 11:30-4:00pm	Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim	Water Fitness Water Fitness Lap Swim	Water Fitness Water Fitness Water Walking	Water Fitness Water Fitness Open Swim	Open Swim Open Swim Open Swim
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm	Lap Swim Lap Swim Lap Swim Swim Lessons	Lap Swim Lap Swim Lap Swim Lap Swim	Water Fitness Water Fitness Lap Swim Lap Swim	Water Fitness Water Fitness Water Walking Water Walking	Water Fitness Water Fitness Open Swim Swim Lessons	Open Swim Open Swim Open Swim Open Swim
10:00-11:30pm 11:30-4:00pm	Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim	Water Fitness Water Fitness Lap Swim	Water Fitness Water Fitness Water Walking	Water Fitness Water Fitness Open Swim	Open Swim Open Swim Open Swim
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-8:30pm	Lap Swim Lap Swim Lap Swim Swim Lessons Swim Academy	Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy	Water Fitness Water Fitness Lap Swim Lap Swim Swim Academy	Water Fitness Water Fitness Water Walking Water Walking Swim Academy	Water Fitness Water Fitness Open Swim Swim Lessons Swim Lessons	Open Swim Open Swim Open Swim Open Swim Open Swim
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm 5:00-6:00pm	Lap Swim Lap Swim Lap Swim Swim Lessons Swim Academy	Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy	Water Fitness Water Fitness Lap Swim Lap Swim Swim Academy	Water Fitness Water Fitness Water Walking Water Walking Swim Academy	Water Fitness Water Fitness Open Swim Swim Lessons Swim Lessons	Open Swim Open Swim Open Swim Open Swim Open Swim
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-8:30pm	Lap Swim Lap Swim Lap Swim Swim Lessons Swim Academy Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Water Fitness Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Water Fitness Water Walking Water Walking Swim Academy Lap Swim	Water Fitness Water Fitness Open Swim Swim Lessons Swim Lessons Open Swim	Open Swim Open Swim Open Swim Open Swim Open Swim Open Swim
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10:00-11:30pm 11:30-4:00pm 4:00-5:00pm 5:00-6:00pm 6:00-8:30pm FRIDAY Time 5:00-8:00am 8:30-9:15am 9:30-10:15am	Lap Swim Lap Swim Lap Swim Swim Lessons Swim Academy Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Water Fitness Water Fitness Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Water Fitness Water Fitness Water Walking Water Walking Swim Academy Lap Swim Lane 4 Lap Swim Water Fitness Water Fitness	Water Fitness Water Fitness Open Swim Swim Lessons Swim Lessons Open Swim Shallow Section Open Swim / Water Walk Open Swim Water Fitness	Open Swim Peep Section Open Swim Water Fitness Open Swim
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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