



EASTSIDE FAMILY YMCA AQUATIC SCHEDULE

February 2024

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|-----------|----------------------------|--------------------------|
| Color Key | Open Swim / No Programming | Reserved for Programming |
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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 |
| 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 |
| 11:30-4:00pm | 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 |

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 | 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 | 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 | 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 |
| 6:00-8:30pm | 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 | 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 |
| 10:30-11:15am | Lap Swim | Lap Swim | Water Fitness | Water Fitness | Water Fitness | Open Swim |
| 11:30-3:30pm | Lap Swim | Lap Swim | Lap Swim | Water Walking | Open Swim | Open Swim |
| 3:30-4:30pm | Lap Swim | Lap Swim | Lap Swim | Water Walking | AfterSchool Swim | AfterSchool |
| 4:30-7:30pm | 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 | Water Fitness | Open Swim | Water Fitness |
| 9:00-1:00am | Swim Lessons | Lap Swim | Lap Swim | Water Walking | 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 |