

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE April 2024

			April 2	- .		
Color Key	Open	Swim / No Prograi	mming		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	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 Swim Lessons	Swim Lessons Swim Lessons
5:00-7:00pm 7:00-7:40pm	Swim Academy Swim Lessons	Swim Academy Lap Swim	Swim Academy Lap Swim	Swim Academy Lap Swim	Swim Lessons	Open Swim
7:40pm-8:30pm	Lap Swim	Lap Swim	Lap Swiiii	Lap Swim	Open Swim	Open Swim
TUESDAY	Lap Jwiiii	Lap Jwiiii	Lap Jwiiii	Lap Jwiiii	Орен эмпп	Open Swiiii
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
11:30-12:10pm	Swim Lessons	Lap Swim	Lap Swim	Water Walking	Swim Lessons	Open Swim
12:10-1:00	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
1:00-2:00pm	Swim Academy	Swim Academy	Lap Swim	Lap Swim	Open Swim	Swim Academy
2:00-4:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Water Walking	Swim Lessons	Swim Lessons
5:00-7:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
6:00-8:30pm	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
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 11:30-4:00pm	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness Open Swim	Open Swim Open Swim
4:00-5:00pm	Lap Swim Swim Lessons	Lap Swim Lap Swim	Lap Swim Lap Swim	Water Walking Water Walking	Swim Lessons	Swim Lessons
5:00-7:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
7:00-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
THURSDAY	Eup Swiiii	Lap Swiiii	Lap Swiiii	Lup Swiiii	opan swiiii	opan zwiiii
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	•
8:30-9:15am						Open Swim
9:30-10:00am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Water Fitness	•		•
10:00-11:30pm				Water Fitness	Open Swim	Water Fitness
	Lap Swim	Lap Swim	Water Fitness	Water Fitness Water Fitness	Open Swim Water Fitness	Water Fitness Open Swim
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm	Lap Swim Lap Swim	Lap Swim Lap Swim	Water Fitness Water Fitness	Water Fitness Water Fitness Water Fitness	Open Swim Water Fitness Water Fitness Open Swim Swim Lessons	Water Fitness Open Swim Open Swim Open Swim Swim Lessons
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm 5:00-7:00pm	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 Fitness Water Walking Water Walking Swim Academy	Open Swim Water Fitness Water Fitness Open Swim Swim Lessons Swim Lessons	Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm 5:00-7:00pm 7:00-8:30pm	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 Fitness Water Walking Water Walking	Open Swim Water Fitness Water Fitness Open Swim Swim Lessons	Water Fitness Open Swim Open Swim Open Swim Swim Lessons
10:00-11:30pm 11:30-4:00pm 4:00-5:00pm 5:00-7:00pm 7:00-8:30pm	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 Fitness Water Walking Water Walking Swim Academy	Open Swim Water Fitness Water Fitness Open Swim Swim Lessons Swim Lessons Swim Lessons	Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons
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