



# EASTSIDE FAMILY YMCA AQUATIC SCHEDULE

## SEPTEMBER 2024

<b>Color Key</b>	<b>Open Swim / No Programming</b>	<b>Reserved for Programming</b>
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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	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
10:15-11:30am	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	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
5:00pm-6:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6:00pm-7:40pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
7:40pm-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	Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:20-10:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
10:15-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-1:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
1:30-2:30pm	Swim Academy	Swim Academy	Swim Academy	Water Walking	Open Swim	Open Swim
2:30-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
5:00pm-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
6:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
6:30pm-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	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
10:15-11:30am	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	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
5:00pm-6:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6:00pm-7:40pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
7:40pm-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	Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:20-10:15am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
10:15-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-1:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
1:30-2:30pm	Swim Academy	Swim Academy	Swim Academy	Water Walking	Open Swim	Open Swim
2:30-4:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
5:00pm-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
6:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
6:30pm-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
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	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
10:15-11:30am	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	After School	After School
4:30pm-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	Lap Swim	Open Swim / Water Walk	Open Swim
8:00-9:00am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:00-1:40pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Swim Lessons	Swim Lessons
1:40-3:30pm	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