

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE NOVEMBER 2024

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	Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-4:00pm 4:00-5:00pm	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Lap Swim	Water Walking Water Walking	Open Swim Open Swim	Open Swim Open Swim
5:00-7:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Open Swim	Open Swim
7:00-7:40pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
7:40-8:30pm	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
9:20-11:30am	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 4:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim Open Swim	Open Swim Open Swim
5:00pm-7:00pm	Lap Swim Swim Academy	Lap Swim Swim Academy	Lap Swim Swim Academy	Water Walking Swim Academy	Open Swim	Open Swim
7:00pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
WEDNESDAY	24P 3 W IIII	Zap zwiiii	24P 3 W IIII	Lap Swiiii	C P 311 3 3 1 1 11	Spen 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	Open Swim
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:30-11:30am	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	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
5:00-6:00pm	Swim Academy	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim	Open Swim
6:00-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
7:00-7:40pm 7:40-8:30pm	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Lap Swim	Open Swim Open Swim	Open Swim Open Swim
THURSDAY	сар эміні	сар эміні	сар эміні	Lab Swiiii	Open Swiiii	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	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 Open Swim
2:30-4:00pm 4:00pm-5:00pm	Lap Swim Lap Swim	Lap Swim	Lap Swim Lap Swim	Water Walking	Open Swim	linan Swim
5:00pm-7:00pm	Swim Academy	Lap Swim	Lap Swilli	NAIntor NAIntling	Open Swim	
7:00pm-8:30pm		Swim Academy		Water Walking	Open Swim	Open Swim
FRIDAY		Swim Academy Lap Swim	Swim Academy	Swim Academy	Open Swim	Open Swim Open Swim
Time	Lap Swim	Swim Academy Lap Swim				Open Swim
	Lap Swim	Lap Swim	Swim Academy Lap Swim	Swim Academy Lap Swim	Open Swim Open Swim	Open Swim Open Swim Open Swim
5:00-8:30am		-	Swim Academy	Swim Academy	Open Swim	Open Swim Open Swim
	Lap Swim	Lap Swim	Swim Academy Lap Swim Lane 3	Swim Academy Lap Swim Lane 4	Open Swim Open Swim Shallow Section	Open Swim Open Swim Open Swim Deep Section
5:00-8:30am	Lap Swim Lane 1 Lap Swim	Lap Swim Lane 2 Lap Swim	Swim Academy Lap Swim Lane 3 Lap Swim	Swim Academy Lap Swim Lane 4 Lap Swim	Open Swim Open Swim Shallow Section Open Swim	Open Swim Open Swim Open Swim Deep Section Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm	Lap Swim Lane 1 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Lane 2 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim	Open Swim Open Swim Open Swim Deep Section Open Swim Water Fitness Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm	Lap Swim	Lap Swim Lane 2 Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim	Lap Swim Lane 4 Lap Swim Water Fitness Water Walking Water Walking	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School	Open Swim Open Swim Open Swim Deep Section Open Swim Water Fitness Open Swim Open Swim After School
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm	Lap Swim Lane 1 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Lane 2 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim	Open Swim Open Swim Open Swim Deep Section Open Swim Water Fitness Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm	Lap Swim Lane 1 Lap Swim	Lap Swim Lane 2 Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Fitness Water Walking Water Walking Lap Swim	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim	Open Swim Open Swim Open Swim Deep Section Open Swim Water Fitness Open Swim Open Swim After School Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm SATURDAY Time	Lap Swim	Lap Swim Lane 2 Lap Swim	Lane 3 Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Fitness Water Walking Water Walking Lap Swim	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim	Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Open Swim Open Swim After School Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm SATURDAY Time 7:00-8:00am	Lap Swim	Lap Swim Lane 2 Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking Water Walking Lap Swim Lap Swim	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk	Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Open Swim After School Open Swim Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm SATURDAY Time 7:00-8:00am 8:00-9:00am	Lap Swim	Lap Swim Lane 2 Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking Water Walking Lap Swim Lap Swim Lane 4 Lap Swim Water Fitness	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim	Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Open Swim Open Swim After School Open Swim Open Swim Water Fitness
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm SATURDAY Time 7:00-8:00am	Lap Swim	Lap Swim Lane 2 Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking Water Walking Lap Swim Lap Swim	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim	Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Open Swim After School Open Swim Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm SATURDAY Time 7:00-8:00am 8:00-9:00am 9:00-1:40pm 1:40-3:30pm	Lap Swim	Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking Water Walking Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Water Walking Lap Swim Water Fitness Water Walking	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim Open Swim	Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Open Swim After School Open Swim Water Fitness Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm SATURDAY Time 7:00-8:00am 8:00-9:00am 9:00-1:40pm 1:40-3:30pm	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking Water Walking Lap Swim Lane 4 Lap Swim Lap Swim Vater Fitness Water Walking Cap Swim Water Fitness Water Fitness Water Fitness Vater Walking Cap Swim / Water Walk / Scuba Group	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim Open Swim Open Swim Open Swim	Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Open Swim After School Open Swim Open Swim Open Swim Open Swim Open Swim Vater Fitness Open Swim Vater Fitness Open Swim Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm SATURDAY Time 7:00-8:00am 8:00-9:00am 9:00-1:40pm 1:40-3:30pm	Lap Swim	Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Walking Water Walking Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Fitness Water Walking Lap Swim Water Fitness Water Walking	Open Swim Open Swim Shallow Section Open Swim Open Swim Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim Open Swim	Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Open Swim After School Open Swim Water Fitness Open Swim