

the EASISIDE FAMILE AQUATICS SCHEDULE January 20 - March 15 **EASTSIDE FAMILY YMCA**

| Color Key | Open | Swim / No Program | mming | | Reserved for Programmin | g |
|--|--|--|---|--|--|--|
| | | | MOND | AY | | |
| 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 | Swim Lessons | Swim Lessons |
| 5:00-6:00pm | Swim Academy | Swim Academy | Swim Academy | Swim Academy | Swim Lessons | Swim Lessons |
| 6:00pm-7:00pm | Swim Academy | Swim Academy | Lap Swim | Lap Swim | Swim Lessons | Swim Lessons |
| 7:00-7:40pm | Lap Swim | Lap Swim | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons |
| 7:40-8:30pm | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Open Swim | Open Swim |
| | | | TUESD | AY | | |
| 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 | Lap Swim | 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 | Water Walking | 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 | Lap Swim | Swim Lessons | Swim Lessons |
| 6:30pm-8:30pm | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Open Swim | Open Swim |
| | | | WEDNES | DAY | | |
| 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 | Swim Lessons | Swim Lessons |
| 5:00-6:00pm | Swim Academy | Swim Academy | Swim Academy | Swim Academy | Swim Lessons | Swim Lessons |
| 6:00-7:00pm | Swim Academy | Swim Academy | Lap Swim | Lap Swim | Swim Lessons | Swim Lessons |
| 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 |
| | | | THURS | | | |
| 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 | Lap Swim | 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 | Water Walking | 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 | Water Walking | Swim Lessons | Swim Lessons |
| 6:30pm-8:30pm | Lap Swim | Lap Swim | | Lap Swim | Open Swim | Open Swim |
| 6:30pm-8:30pm | Lap Swim | Lap Swim | Lap Swim FRIDA | | Open Swim | Open Swim |
| Tire | Lev- 4 | Law - 2 | | | Shallow Section | Doon Section |
| 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 |
| 0 00 44 00 | | | | | | |
| 9:30-11:30am | Lap Swim | Lap Swim | Water Fitness | Water Fitness | Water Fitness | Open Swim |
| 11:30-3:30pm | Lap Swim Lap Swim | Lap Swim Lap Swim | Water Fitness Lap Swim | Water Fitness Water Walking | Water Fitness Open Swim | Open Swim |
| 11:30-3:30pm 3:30-4:30pm | Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim | Water Fitness Water Walking Water Walking | Water Fitness Open Swim After School | Open Swim After School |
| 11:30-3:30pm | Lap Swim Lap Swim | Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim Lap Swim | Water Fitness Water Walking Water Walking Lap Swim | Water Fitness Open Swim | Open Swim |
| 11:30-3:30pm 3:30-4:30pm | Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim | Water Fitness Water Walking Water Walking Lap Swim | Water Fitness Open Swim After School Open Swim | Open Swim After School |
| 11:30-3:30pm 3:30-4:30pm | Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim Lap Swim | Water Fitness Water Walking Water Walking Lap Swim AY Lane 4 | Water Fitness Open Swim After School | Open Swim After School Open Swim Deep Section |
| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm | Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim Lap Swim SATURD | Water Fitness Water Walking Water Walking Lap Swim | Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk | Open Swim After School Open Swim Deep Section Open Swim |
| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm Time | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim Lap Swim SATURD Lane 3 | Water Fitness Water Walking Water Walking Lap Swim AY Lane 4 | Water Fitness Open Swim After School Open Swim Shallow Section | Open Swim After School Open Swim Deep Section |
| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm Time 7:00-8:00am | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim SATURD Lane 3 Lap Swim Lap Swim | Water Fitness Water Walking Water Walking Lap Swim AY Lane 4 Lap Swim Water Fitness | Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk | Open Swim After School Open Swim Deep Section Open Swim Water Fitness |
| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm Time 7:00-8:00am 8:00-9:00am | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim SATURD Lane 3 Lap Swim | Water Fitness Water Walking Water Walking Lap Swim AY Lane 4 Lap Swim Water Fitness Water Walking | Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim | Open Swim After School Open Swim Deep Section Open Swim Water Fitness Swim Lessons |
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| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm Time 7:00-8:00am 8:00-9:00am 9:00-1:40pm | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim SATURD Lane 3 Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Water Walking Uap Swim AY Lane 4 Lap Swim Water Fitness Water Walking Lap Swim / Water Walk / Scuba Group | Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim Swim Lessons | Open Swim After School Open Swim Deep Section Open Swim Water Fitness Swim Lessons |
| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm 7:00-8:00am 8:00-9:00am 9:00-1:40pm 1:40-4:30pm | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim SATURD Lane 3 Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Water Walking Lap Swim AY Lane 4 Lap Swim Water Fitness Water Walking Lap Swim / Water Walk / Scuba Group | Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim Swim Lessons Open Swim | Open Swim After School Open Swim Open Swim Water Fitness Swim Lessons Open Swim / Scuba Group |
| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm Time 7:00-8:00am 8:00-9:00am 9:00-1:40pm | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim SATURD Lane 3 Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Water Walking Lap Swim AY Lane 4 Lap Swim Water Fitness Water Walking Lap Swim / Water Walk / Scuba Group AY Lane 4 | Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim Swim Lessons | Open Swim After School Open Swim Deep Section Open Swim Water Fitness Swim Lessons Open Swim / |
| 11:30-3:30pm 3:30-4:30pm 4:30pm-7:30pm 7:00-8:00am 8:00-9:00am 9:00-1:40pm 1:40-4:30pm Time | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Lap Swim Lap Swim SATURD Lane 3 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim | Water Fitness Water Walking Uap Swim AY Lane 4 Lap Swim Water Fitness Water Fitness Water Walking Lap Swim / Water Walk / Scuba Group AY Lane 4 Lap Swim / | Water Fitness Open Swim After School Open Swim Shallow Section Open Swim / Water Walk Open Swim Swim Lessons Open Swim Shallow Section | Open Swim After School Open Swim Open Swim Water Fitness Swim Lessons Open Swim / Scuba Group |
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