

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

Color Key	Open S	wim / No Progra	amming		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	Swim Lessons Swim Lessons
5:00-6:00pm 6:00pm-7:00pm	Swim Academy Swim Academy	Swim Academy Swim Academy	Swim Academy Swim Academy	Swim Academy Swim Academy	Swim Lessons 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
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	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
4:00pm-5:00pm 5:00pm-6:00pm	Lap Swim Swim Academy	Lap Swim Swim Academy	Lap Swim Swim Academy	Water Walking Swim Academy	Swim Lessons Swim Lessons	Swim Lessons Swim Lessons
6:00pm-6:00pm	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
0.50piii 0.50piii	Lup Swilli	LGD SWIIII	WEDNES		Spen Smill	Open Swiiii
					Challana C:	Danie C:
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section Open Swim	Deep Section Open Swim
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness
8:30-9:15am 9:30-11:30am	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Water Fitness	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
THURSDAY						
Time	Lane 1	Lane 2			Shallow Section	Deep Section
Time 5:00-8:30am	Lane 1 Lap Swim	Lane 2 Lap Swim	THURS	DAY		Deep Section Open Swim
5:00-8:30am 8:30-9:15am	Lap Swim Lap Swim	Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness	Shallow Section Open Swim Open Swim	Open Swim Water Fitness
5:00-8:30am 8:30-9:15am 9:20-10:15am	Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness	Lane 4 Lap Swim Water Fitness Water Fitness	Shallow Section Open Swim Open Swim Water Fitness	Open Swim Water Fitness Open Swim
5:00-8:30am 8:30-9:15am 9:20-10:15am 10:15-11:30am	Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Water Fitness	Lane 4 Lap Swim Water Fitness Water Fitness Water Fitness	Shallow Section Open Swim Open Swim Water Fitness Water Fitness	Open Swim Water Fitness Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:20-10:15am 10:15-11:30am 11:30-1:30pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim	Lane 4 Lap Swim Water Fitness Water Fitness Water Fitness Water Walking	Shallow Section Open Swim Open Swim Water Fitness Water Fitness Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:20-10:15am 10:15-11:30am 11:30-1:30pm 1:30-2:30pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy	Lane 3 Lap Swim Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim Swim Academy	Lane 4 Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking	Shallow Section Open Swim Open Swim Water Fitness Water Fitness Open Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:20-10:15am 10:15-11:30am 11:30-1:30pm 2:30-2:30pm 2:30-4:00pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim Swim Academy Lap Swim	Lane 4 Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking Water Walking	Shallow Section Open Swim Open Swim Water Fitness Water Fitness Open Swim Open Swim Open Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Open Swim Open Swim Open Swim
5:00-8:30am 8:30-9:15am 9:20-10:15am 10:15-11:30am 11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Academy Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim	Lane 4 Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking Water Walking Water Walking	Shallow Section Open Swim Open Swim Water Fitness Water Fitness Open Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Open Swim Open Swim Open Swim Swim Lessons
5:00-8:30am 8:30-9:15am 9:20-10:15am 10:15-11:30am 11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 5:00pm-6:00pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy	Lane 3 Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy	Lane 4 Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking Water Walking Water Walking Water Walking Swim Academy	Shallow Section Open Swim Open Swim Water Fitness Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons	Open Swim Water Fitness Open Swim Open Swim Open Swim Open Swim Open Swim Open Swim Swim Lessons Swim Lessons
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