



# EASTSIDE FAMILY YMCA AQUATICS SCHEDULE January 20 - March 15

Color Key	Open Swim / No Programming			Reserved for Programming		
<b>MONDAY</b>						
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	Swim Academy	Swim Academy	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
<b>TUESDAY</b>						
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	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
<b>WEDNESDAY</b>						
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
<b>THURSDAY</b>						
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	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	Lap Swim	Open Swim	Open Swim
<b>FRIDAY</b>						
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
11:30-3:30pm	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
<b>SATURDAY</b>						
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
1:40-4:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim / Water Walk / Scuba Group	Open Swim	Open Swim / Scuba Group
<b>SUNDAY</b>						
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