

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE JANUARY 2025

			NUART	2025		
Color Key	Open	Swim / No Progra	mming		Reserved for Programming	
MONDAY						
MONDAY Time	Lane 1	Lane 2	lana 3	Lane 4	Shallow Section	Deep Section
5:00-8:30am	Lane 1	Lap Swim	Lane 3 Lap Swim	Lane 4	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
5:00-7:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
7:00-7:40pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	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	Lap Swim	Lap Swim	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	Open Swim	Open Swim
5:00pm-7:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
7:00pm-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
9:30-11:30am	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	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
6:00-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	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
THURSDAY						
Time		1 2	Lane 3	Lane 4	Shallow Section	Deep Section
	Lane 1	Lane 2				
5:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
5:00-8:30am 8:30-9:15am	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Lap Swim	Lap Swim Water Fitness	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	Lap Swim Lap Swim Water Fitness	Lap Swim Water Fitness Water Fitness	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	Lap Swim Lap Swim Water Fitness Water Fitness	Lap Swim Water Fitness Water Fitness Water Fitness	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	Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim	Lap Swim Water Fitness Water Fitness Water Fitness Water Walking	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 Water Fitness Water Fitness Lap Swim Lap Swim	Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking	Open Swim Water Fitness Water Fitness Open Swim Open Swim	Open Swim Water Fitness 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	Lap Swim	Lap Swim	Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim Lap Swim Lap Swim	Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking Water Walking	Open Swim Water Fitness Water Fitness Open Swim 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 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking Water Walking Water Walking	Open Swim Water Fitness Water Fitness Open Swim Open Swim Open Swim Open Swim	Open Swim Water Fitness Open Swim
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5:00-8:30am 8:30-9:15am 9:20-10:15am 10:15-11:30am 11:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 7:00pm-8:30pm FRIDAY Time 5:00-8:30am 8:30-9:15am	Lap Swim	Lap Swim	Lap Swim Lap Swim Water Fitness Water Fitness Lap Swim	Lap Swim Water Fitness Water Fitness Water Fitness Water Walking Water Walking Water Walking Lap Swim Lane 4 Lap Swim Water Fitness	Open Swim Water Fitness Water Fitness Open Swim	Open Swim Water Fitness Open Swim Water Fitness
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