



# EASTSIDE FAMILY YMCA AQUATIC SCHEDULE

## May 25th - June 1st, 2025

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	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
6:00pm-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-6:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
6:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
6:30pm-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
5:00-7:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
7:00-7:20pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
7:20-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
THURSDAY						
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	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-6:00pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
6:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Water Walking	Open Swim	Open Swim
6:30pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
FRIDAY						
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	Open Swim	Open Swim
4:30pm-7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
<b>SATURDAY</b>						
<b>Time</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Shallow Section</b>	<b>Deep Section</b>
7:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	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	Open Swim	Open Swim
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>						
<b>Time</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Shallow Section</b>	<b>Deep Section</b>
1:00-4:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim / Water Walk / Scuba Group	Open Swim	Open Swim / Scuba Group
<b>NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE TO BETTER FIT THE NEEDS OF ALL YMCA MEMBERS, GUESTS, AND USER GROUPS. WE APPRICIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE.</b>						
<b>ACTIVITY DESCRIPTIONS</b>						
<b>Aqua Fitness</b>	Aqua Exercise classes are taught by Certified Instructors. For more information see the aqua exercise schedule.					
<b>Open Swim</b>	During family fun swim individuals and family's of all ages are welcome with the appropriate adult supervision.					
<b>Swim Policy</b>	Children 5 and under must have an adult guardian in the pool within arm's reach at all times.					
	Ages 6-12 must have an adult guardian on deck or in the pool at all times AND also must either pass a swim test OR wear an approved lifejacket in the pool area.					
	Ages 13-14 need to pass a swim test OR wear an approved lifejacket in the pool area. Adult supervision is not required.					
<b>Lap Swim</b>	Indicates when all lane lines are in. Lap swim will include any activity involving moving back and forth in a lane, including water walking or exercise. Open swim or playing is not included. Spaces are on a first come first served basis. Sharing of lanes is encouraged.					
<b>Swim Lessons</b>	Helps learn how to swim from beginner to swimming laps. All ages (sign up at the front desk)					
Aquatics Facility (Pool / Steamroom / Spa / Sauna) <b>CLOSES 30 MINUTES</b> before the facility closes.						