

the **EASTSIDE FAMILY YMCA AQUATIC SCHEDULE** June 23 - June 29, 2025

Color Karr						
Color Key	Open Swim / N	o Programming		Reserved for P	ogramming	
		-	MONDAY	-	1	1
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
3:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
1:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Cam
:00-5:00pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
:00pm-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
':00-7:40pm	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
':40-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
			TUESDAY			
ime	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
:20-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
1:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Cam
:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
:00pm-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
		- ·	· ·	+ •		
:30pm-7:45pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness	Open Swim
:30pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
		-	WEDNESDA	Y	-	1
ime	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
1:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Cam
:00-5:00pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
:00pm-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
:00-7:40pm	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
:40-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
			THURSDAY			
'lue e	Lana 1	Lana 2			Challey Cestion	Deen Section
ime	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
:00-8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
:20-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
1:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Cam
:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
: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	Open Swim	Swim Lessons	Swim Lessons
	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness	Open Swim
		Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
	Lap Swim					
			FRIDAY			
:30pm-8:30pm		Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
:30pm-8:30pm	Lap Swim		T	Lane 4 Lap Swim	Shallow Section Open Swim	Deep Section
:30pm-7:45pm :30pm-8:30pm Time :00-8:30am 3:30-9:15am	Lap Swim Lane 1 Lap Swim	Lane 2 Lap Swim	Lane 3			Deep Section Open Swim Water Fitness
7:30pm-8:30pm Fime 5:00-8:30am	Lap Swim Lane 1 Lap Swim Lap Swim	Lane 2 Lap Swim Lap Swim	Lane 3 Lap Swim	Lap Swim	Open Swim	Open Swim Water Fitness
ime :00-8:30am :30-9:15am :30-11:30am	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 2 Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness	Lap Swim Water Fitness Water Fitness	Open Swim Open Swim Water Fitness	Open Swim Water Fitness Open Swim
:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm	Lap Swim Lane 1 Lap Swim Lap Swim Lap Swim Summer Camp	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim	Lap Swim Water Fitness Water Fitness Open Swim	Open Swim Open Swim Water Fitness Summer Camp	Open Swim Water Fitness Open Swim Summer Cam
:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 2 Lap Swim Lap Swim Lap Swim	Lane 3Lap SwimLap SwimWater FitnessLap SwimLap Swim	Lap Swim Water Fitness Water Fitness Open Swim Open Swim	Open Swim Open Swim Water Fitness	Open Swim Water Fitness Open Swim
:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm :00pm-7:30pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Summer Camp Lap Swim	Lane 2 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim SATURDAY	Lap Swim Water Fitness Water Fitness Open Swim Open Swim	Open Swim Open Swim Water Fitness Summer Camp Open Swim	Open Swim Water Fitness Open Swim Summer Cam Open Swim
:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm :00pm-7:30pm	Lap Swim Lane 1 Lap Swim Lap Swim Lap Swim Summer Camp Lap Swim	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim SATURDAY Lane 3	Lap Swim Water Fitness Water Fitness Open Swim Open Swim	Open Swim Open Swim Water Fitness Summer Camp Open Swim Shallow Section	Open Swim Water Fitness Open Swim Summer Cam Open Swim Deep Sectior
:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm :00pm-7:30pm ime :00-8:00am	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Summer Camp Lap Swim Lap Swim	Lane 2 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim SATURDAY Lane 3 Lap Swim	Lap Swim Water Fitness Water Fitness Open Swim Open Swim Lane 4 Lap Swim	Open Swim Open Swim Water Fitness Summer Camp Open Swim Shallow Section Open Swim	Open Swim Water Fitness Open Swim Summer Cam Open Swim Deep Section Open Swim
:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm :00pm-7:30pm ime :00-8:00am :00-9:00am	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Summer Camp Lap Swim Lap Swim Lap Swim Lap Swim	Lane 2 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Water Fitness Water Fitness Open Swim Open Swim Lane 4 Lap Swim Water Fitness	Open Swim Open Swim Water Fitness Summer Camp Open Swim Shallow Section Open Swim Open Swim	Open Swim Water Fitness Open Swim Summer Cam Open Swim Deep Sectior Open Swim Water Fitness
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:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm :00pm-7:30pm ime :00-8:00am :00-9:00am :00-1:40pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Summer Camp Lap Swim Lap Swim Lap Swim Lap Swim	Lane 2 Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim	Lap Swim Water Fitness Water Fitness Open Swim Open Swim Lane 4 Lap Swim Water Fitness Open Swim Open Swim /	Open Swim Open Swim Water Fitness Summer Camp Open Swim Shallow Section Open Swim Open Swim	Open Swim Water Fitness Open Swim Summer Cam Open Swim Deep Section Open Swim Water Fitness Swim Lessons Open Swim /
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:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm :00pm-7:30pm ime :00-8:00am :00-9:00am :00-1:40pm :40-4:30pm ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUESTS QUATIC CENTER	Lap Swim Dule IS SUBJECT S, AND USER GRO IN THE BEST WAY	Lane 2 Lap Swim Lap Swim Correction CHANGE AT A DUPS. WE APPRICIA POSSIBLE TO BET ACT	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim NTIME WITHOUT ATE YOUR UNDERS TER SERVE EVERY IVITY DESCRIPT	Lap Swim Water Fitness Open Swim Open Swim Lane 4 Lap Swim Water Fitness Open Swim Open Swim Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTE TANDING AS WE T ONE.	Open Swim Open Swim Water Fitness Summer Camp Open Swim Shallow Section Open Swim Swim Lessons Open Swim Shallow Section Open Swim Shallow Section Open Swim Strain Lessons Open Swim Shallow Section R FIT THE NEEDS OF	Open Swim Water Fitness Open Swim Summer Cam Open Swim Open Swim Water Fitness Swim Lessons Open Swim / Scuba Group ALL YMCA CE IN THE
:30pm-8:30pm ime :00-8:30am :30-9:15am :30-11:30am 1:30-4:00pm :00pm-7:30pm ime :00-8:00am :00-9:00am :00-1:40pm :40-4:30pm ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUESTS QUATIC CENTER	Lap Swim DULE IS SUBJECT S, AND USER GRO IN THE BEST WAY Aqua Exercise class	Lane 2 Lap Swim Lap Swim Cap Swim Lap Swim Lap Swim Lap Swim Cap Swim Lap Swim Lap Swim Cap Swim Lap Swim Cap Sible To BeT Cap Sible	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim NYTIME WITHOUT ATE YOUR UNDERS TER SERVE EVERY IVITY DESCRIPT tified Instructors. Fo	Lap Swim Water Fitness Water Fitness Open Swim Open Swim Lane 4 Lap Swim Water Fitness Open Swim Open Swim Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTE TANDING AS WE T ONE.	Open Swim Open Swim Water Fitness Summer Camp Open Swim Shallow Section Open Swim Swim Lessons Open Swim Shallow Section Open Swim Swim Lessons Open Swim Shallow Section Open Swim R FIT THE NEEDS OF RY TO USE THE SPA	Open Swim Water Fitness Open Swim Summer Cam Open Swim Deep Section Open Swim Water Fitness Swim Lessons Open Swim / Scuba Group ALL YMCA CE IN THE
':30pm-8:30pm ':30pm-8:30pm ':00-8:30am ::30-9:15am ::30-11:30am ::30-11:30am ::30-4:00pm ::00pm-7:30pm 'ime ::00-8:00am ::00-9:00am ::00-1:40pm ::40-4:30pm 'ime ::00-4:30pm 'ime ::00-4:30pm	Lap Swim DULE IS SUBJECT S, AND USER GRO IN THE BEST WAY Aqua Exercise class During family fun s	Lane 2 Lap Swim Constant Stress CONSTRUCT POSSIBLE TO BET ACTI Sees are taught by Center wim individuals and	Lane 3 Lap Swim Lap Swim Water Fitness Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim SUNDAY Lane 3 Lap Swim NTIME WITHOUT ATE YOUR UNDERS TER SERVE EVERY VITY DESCRIP tified Instructors. Fo family's of all ages an	Lap Swim Water Fitness Open Swim Open Swim Lane 4 Lap Swim Water Fitness Open Swim Open Swim Open Swim / Scuba Group NOTICE TO BETTE TANDING AS WE T ONE. TIONS r more information s	Open Swim Open Swim Water Fitness Summer Camp Open Swim Shallow Section Open Swim Open Swim Swim Lessons Open Swim Shallow Section Open Swim Shallow Section Open Swim Shallow Section Open Swim Shallow Section Open Swim ee the aqua exercise sca appropriate adult super	Open Swim Water Fitness Open Swim Summer Cam Open Swim Deep Section Open Swim Water Fitness Swim Lessons Open Swim / Scuba Group ALL YMCA CE IN THE
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