

## EASTSIDE FAMILY YMCA AQUATIC SCHEDULE June 9 - June 15, 2025

			10, 2020			
Color Key	Open Swim / N	o Programming		Reserved for P	rogramming	
		1	MONDAY	1		1
lime	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 Camp
: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			
ſime	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
: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		
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	Water Fitness	Open Swim	Water Fitness
	Lap Swim	Lap Swim				
: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	,		
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	•	- ·				Water Fitness
	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	
: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
I	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
			FRIDAY			
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
:00pm-7:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Lifeguard Cert
			SATURDAY			
ime	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
:00-9:00am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
		- ·	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
:00-1:40pm	Lap Swim	Lap Swim		Open Swith		
:00-1:40pm	Lap Swim	Lap Swim		Open Swim		
·						Open Swim /
	Lap Swim Lap Swim	Lap Swim	Lap Swim	Open Swim /	Open Swim/LG C	Scuba Group/
						Scuba Group/
			Lap Swim	Open Swim /		Scuba Group/
:40-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim / Scuba Group	Open Swim/LG C	Scuba Group/ Lifeguard Cert
:40-4:30pm			Lap Swim	Open Swim / Scuba Group		Scuba Group/ Lifeguard Cert
:40-4:30pm ime	Lap Swim	Lap Swim	Lap Swim	Open Swim / Scuba Group Lane 4 Open Swim /	Open Swim/LG C	Scuba Group/ Lifeguard Cert Deep Section Open Swim /
:40-4:30pm <b>ime</b> :00-4:30pm	Lap Swim <b>Lane 1</b> Lap Swim	Lap Swim Lane 2 Lap Swim	Lap Swim SUNDAY Lane 3 Lap Swim	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group	Open Swim/LG C Shallow Section Open Swim	Scuba Group/ Lifeguard Cert Deep Section Open Swim / Scuba Group
:40-4:30pm ime :00-4:30pm I <b>OTE:</b> THIS SCHE	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT	Lap Swim Lane 2 Lap Swim TO CHANGE AT AN	Lap Swim SUNDAY Lane 3 Lap Swim	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF J	Scuba Group/ Lifeguard Cert <b>Deep Section</b> Open Swim / Scuba Group ALL YMCA
:40-4:30pm ime :00-4:30pm OTE: THIS SCHE EMBERS, GUESTS	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT 5, AND USER GRO	Lap Swim Lane 2 Lap Swim TO CHANGE AT AN UPS. WE APPRICIA	Lap Swim SUNDAY Lane 3 Lap Swim NYTIME WITHOUT N TE YOUR UNDERS	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTER FANDING AS WE T	Open Swim/LG C Shallow Section Open Swim	Scuba Group/ Lifeguard Cert <b>Deep Section</b> Open Swim / Scuba Group ALL YMCA
:40-4:30pm ime :00-4:30pm I <b>OTE:</b> THIS SCHE IEMBERS, GUESTS	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT 5, AND USER GRO	Lap Swim Lane 2 Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET	Lap Swim SUNDAY Lane 3 Lap Swim NYTIME WITHOUT N TE YOUR UNDERST TER SERVE EVERY	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTER FANDING AS WE TO DNE.	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF J	Scuba Group/ Lifeguard Cert <b>Deep Section</b> Open Swim / Scuba Group ALL YMCA
:40-4:30pm ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUESTS	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT 5, AND USER GRO	Lap Swim Lane 2 Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET	Lap Swim SUNDAY Lane 3 Lap Swim NYTIME WITHOUT N TE YOUR UNDERS	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTER FANDING AS WE TO DNE.	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF J	Scuba Group/ Lifeguard Cert <b>Deep Section</b> Open Swim / Scuba Group ALL YMCA
:40-4:30pm ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUESTS QUATIC CENTER I	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT S, AND USER GRO	Lap Swim Lane 2 Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACTI	Lap Swim SUNDAY Lane 3 Lap Swim NYTIME WITHOUT N TE YOUR UNDERST TER SERVE EVERYO	Open Swim / Scuba Group Den Swim / Scuba Group NOTICE TO BETTER FANDING AS WE TO DNE. TIONS	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF J	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE
:40-4:30pm ime :00-4:30pm IOTE: THIS SCHEI IEMBERS, GUESTS QUATIC CENTER 1	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT 5, AND USER GRO N THE BEST WAY Aqua Exercise class	Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACTI tes are taught by Ce	Lap Swim SUNDAY Lane 3 Lap Swim SYTIME WITHOUT N TE YOUR UNDERST TER SERVE EVERYO SUTTY DESCRIP Trified Instructors. For	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTER TANDING AS WE TO DNE. TIONS or more information s	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF A RY TO USE THE SPAC	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE
IEMBERS, GUESTS	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT G, AND USER GRO N THE BEST WAY Aqua Exercise class During family fun s	Lap Swim Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACTI tes are taught by Ce wim individuals and	Lap Swim SUNDAY Lane 3 Lap Swim NYTIME WITHOUT N TE YOUR UNDERST TER SERVE EVERYO VITY DESCRIP rtified Instructors. For family's of all ages a	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTER FANDING AS WE TO ONE. TIONS or more information so re welcome with the	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF A RY TO USE THE SPAC	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE
:40-4:30pm ime :00-4:30pm NOTE: THIS SCHEI MEMBERS, GUESTS AQUATIC CENTER 1 Aqua Fitness	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT G, AND USER GRO N THE BEST WAY Aqua Exercise class During family fun s Children 5 and und	Lap Swim Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACT3 Ses are taught by Ce wim individuals and er must have an adu	Lap Swim SUNDAY Lane 3 Lap Swim NTIME WITHOUT N TE YOUR UNDERS TER SERVE EVERYO VITY DESCRIP rtified Instructors. For family's of all ages a It guardian in the po	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTER FANDING AS WE TO ONE. TIONS or more information stree welcome with the ol within arm's react	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF A RY TO USE THE SPAC See the aqua exercise s appropriate adult supe n at all times.	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE schedule. rvision.
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:40-4:30pm ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUESTS QUATIC CENTER I QUATIC CENTER I Indua Fitness Open Swim	Lap Swim Lap Swim Lap Swim Lap Swim DULE IS SUBJECT AND USER GRO N THE BEST WAY Aqua Exercise class During family fun s Children 5 and und Ages 6-12 must ha an approved lifejac	Lap Swim Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACTI tes are taught by Ce wim individuals and er must have an adu ve an adult guardian ket in the pool area.	Lap Swim SUNDAY Lane 3 Lap Swim VTIME WITHOUT N TE YOUR UNDERS TER SERVE EVERYO VITY DESCRIP rtified Instructors. For family's of all ages a ult guardian in the por o on deck or in the por	Open Swim / Scuba Group Lane 4 Open Swim / Scuba Group NOTICE TO BETTER FANDING AS WE TO ONE. FIONS or more information so re welcome with the ol within arm's react pool at all times AND a	Open Swim/LG C Shallow Section Open Swim Copen Section	Scuba Group/ Lifeguard Cerr Open Swim / Scuba Group ALL YMCA E IN THE schedule. rvision.
:40-4:30pm ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUESTS QUATIC CENTER I QUATIC CENTER I Indua Fitness Open Swim	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT G, AND USER GRO IN THE BEST WAY Aqua Exercise class During family fun s Children 5 and und Ages 6-12 must ha an approved lifejac Ages 13-14 need to	Lap Swim Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACTI tes are taught by Ce wim individuals and er must have an adu ve an adult guardian ket in the pool area. pass a swim test O	Lap Swim SUNDAY Lane 3 Lap Swim NYTIME WITHOUT N TE YOUR UNDERST TER SERVE EVERYO VITY DESCRIP rtified Instructors. For family's of all ages a lt guardian in the por o on deck or in the por R wear an approved	Open Swim / Scuba Group	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF A RY TO USE THE SPAC See the aqua exercise s appropriate adult supe n at all times. also must either pass a area. Adult supervision	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE schedule. rvision.
:40-4:30pm ime :00-4:30pm IOTE: THIS SCHEI IEMBERS, GUESTS QUATIC CENTER I QUATIC CENTER I qua Fitness open Swim wim Policy	Lap Swim Lane 1 Lap Swim DULE IS SUBJECT G, AND USER GRO N THE BEST WAY Aqua Exercise class During family fun s Children 5 and und Ages 6-12 must ha an approved lifejac Ages 13-14 need to Indicates when all	Lap Swim Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACT3 Ses are taught by Ce wim individuals and er must have an adu ve an adult guardian ket in the pool area. o pass a swim test O ane lines are in. Lap	Lap Swim SUNDAY Lane 3 Lap Swim TE YOUR UNDERSTER SERVE EVERYO UTTY DESCRIP rtified Instructors. For family's of all ages a ult guardian in the por on deck or in the por R wear an approved swim will include an	Open Swim / Scuba Group	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF A RY TO USE THE SPAC See the aqua exercise s appropriate adult supe n at all times. also must either pass a area. Adult supervision noving back and forth i	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE schedule. rvision. swim test OR we n is not required. n a lane, includir
:40-4:30pm ime :00-4:30pm OTE: THIS SCHE EMBERS, GUESTS QUATIC CENTER I qua Fitness pen Swim	Lap Swim Lap Swim Lap Swim Lap Swim DULE IS SUBJECT G, AND USER GRO N THE BEST WAY Aqua Exercise class During family fun s Children 5 and und Ages 6-12 must ha an approved lifejac Ages 13-14 need to Indicates when all water walking or ex	Lap Swim Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACTI Ses are taught by Ce wim individuals and er must have an adu ve an adult guardian ket in the pool area. D pass a swim test O ane lines are in. Lap kercise. Open swim (	Lap Swim SUNDAY Lane 3 Lap Swim TE YOUR UNDERSTER SERVE EVERYO UTTY DESCRIP rtified Instructors. For family's of all ages a ult guardian in the por on deck or in the por R wear an approved swim will include an	Open Swim / Scuba Group	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF A RY TO USE THE SPAC See the aqua exercise s appropriate adult supe n at all times. also must either pass a area. Adult supervision	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE schedule. rvision. swim test OR we n is not required. n a lane, includir
:40-4:30pm ime :00-4:30pm OTE: THIS SCHEI EMBERS, GUESTS QUATIC CENTER I qua Fitness pen Swim wim Policy ap Swim	Lap Swim Lap Swim Lap Swim Lap Swim DULE IS SUBJECT G, AND USER GRO N THE BEST WAY Aqua Exercise class During family fun s Children 5 and und Ages 6-12 must ha an approved lifejac Ages 13-14 need to Indicates when all water walking or ex lanes is encouraged	Lap Swim Lap Swim Lap Swim Lap Swim TO CHANGE AT AN UPS. WE APPRICIA POSSIBLE TO BET ACTI Ses are taught by Ce wim individuals and er must have an adu ve an adult guardian ket in the pool area. o pass a swim test O ane lines are in. Lap kercise. Open swim of 1.	Lap Swim SUNDAY Lane 3 Lap Swim TE YOUR UNDERSTER SERVE EVERYO UTTY DESCRIP rtified Instructors. For family's of all ages a ult guardian in the por on deck or in the por R wear an approved swim will include an	Open Swim / Scuba Group	Open Swim/LG C Shallow Section Open Swim FIT THE NEEDS OF A RY TO USE THE SPAC See the aqua exercise s appropriate adult supe n at all times. also must either pass a area. Adult supervision noving back and forth i a first come first served	Scuba Group/ Lifeguard Cert Open Swim / Scuba Group ALL YMCA E IN THE schedule. rvision. swim test OR we n is not required. n a lane, includir