

## EASTSIDE FAMILY YMCA AQUATIC SCHEDULE June 14 - July 20, 2025

Color Key Fime 5:00-8:30am 3:30-9:15am 9:30-11:30am 11:30-4:00pm 4:00-5:00pm 5:00-6:00pm	Open Swim / No Programming Reserved for Programming					
5:00-8:30am 3:30-9:15am 9:30-11:30am 11:30-4:00pm 4:00-5:00pm	MONDAY					
5:00-8:30am 3:30-9:15am 9:30-11:30am 11:30-4:00pm 4:00-5:00pm	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
3:30-9:15am 9:30-11:30am 11:30-4:00pm 4:00-5:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
9:30-11:30am 11:30-4:00pm 4:00-5:00pm	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
1:30-4:00pm :00-5:00pm	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
1:00-5:00pm	Summer Camp	Lap Swim				Summer Camp
•			Lap Swim	Open Swim	Summer Camp	
	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
5:00pm-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	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	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
3:30-9:15am	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
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1:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
5:00pm-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
5:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
5:30pm-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	Υ		
ime	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Sectior
: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
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
5:00pm-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
.40 0.30pm			· ·	·	Open Swith	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
8:30-9:15am	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
1:00pm-5:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
5:00pm-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
5:00pm-6:30pm	Lap Swim			-		
· · ·	•	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
5:30pm-7:45pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness	Open Swim
2:30pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
			FRIDAY			
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Sectior
: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
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:00pm-7:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
			SATURDA			
īme	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
0:00-1:40pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
	· ·			Open Swim /		Open Swim /
	Lap Swim	Lap Swim	Lap Swim	Scuba Group	Open Swim	Scuba Group
:40-4:30pm			SUNDAY			
.:40-4:30pm	Lars 1	Lama 2			Shellow Cool	Deer Cart
		Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
	Lane 1		Lap Swim	Open Swim / Scuba Group	Open Swim	Open Swim / Scuba Group
ime	Lane 1 Lap Swim	Lap Swim	Lup Swith			
<b>ime</b> :00-4:30pm	Lap Swim	-	•			
ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUEST	Lap Swim DULE IS SUBJECT S, AND USER GRC	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE	ATE YOUR UNDER: TTER SERVE EVER	NOTICE TO BETTE STANDING AS WE T YONE.	R FIT THE NEEDS OF IRY TO USE THE SPA	ALL YMCA
ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUEST QUATIC CENTER	Lap Swim DULE IS SUBJECT S, AND USER GRO IN THE BEST WAY	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT	I NYTIME WITHOUT ATE YOUR UNDER: TTER SERVE EVER IVITY DESCRIF	NOTICE TO BETTE STANDING AS WE T YONE. PTIONS	TRY TO USE THE SPA	ALL YMCA CE IN THE
ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUEST QUATIC CENTER	Lap Swim DULE IS SUBJECT S, AND USER GRC IN THE BEST WAY Aqua Exercise class	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce	I NYTIME WITHOUT ATE YOUR UNDER: TTER SERVE EVER IVITY DESCRIF ertified Instructors. F	NOTICE TO BETTE STANDING AS WE T YONE. PTIONS or more information s	TRY TO USE THE SPA	ALL YMCA CE IN THE chedule.
ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUEST QUATIC CENTER	Lap Swim DULE IS SUBJECT S, AND USER GRC IN THE BEST WAY Aqua Exercise class During family fun s	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce wim individuals and	NYTIME WITHOUT ATE YOUR UNDER TTER SERVE EVER IVITY DESCRIF ertified Instructors. F family's of all ages a	NOTICE TO BETTE STANDING AS WE YONE. YTIONS or more information s are welcome with the	TRY TO USE THE SPA see the aqua exercise so appropriate adult supe	ALL YMCA CE IN THE chedule.
ime :00-4:30pm IOTE: THIS SCHE MEMBERS, GUEST QUATIC CENTER	Lap Swim DULE IS SUBJECT S, AND USER GRC IN THE BEST WAY Aqua Exercise class During family fun s	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce wim individuals and	NYTIME WITHOUT ATE YOUR UNDER TTER SERVE EVER IVITY DESCRIF ertified Instructors. F family's of all ages a	NOTICE TO BETTE STANDING AS WE T YONE. PTIONS or more information s	TRY TO USE THE SPA see the aqua exercise so appropriate adult supe	ALL YMCA CE IN THE chedule.
Time ::00-4:30pm NOTE: THIS SCHE MEMBERS, GUEST AQUATIC CENTER Aqua Fitness	Lap Swim DULE IS SUBJECT S, AND USER GRO IN THE BEST WAY Aqua Exercise class During family fun s Children 5 and und	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce wim individuals and er must have an add	NYTIME WITHOUT ATE YOUR UNDER TTER SERVE EVER <b>IVITY DESCRIP</b> ertified Instructors. F family's of all ages a ult guardian in the po	NOTICE TO BETTE STANDING AS WE YONE. <b>PTIONS</b> or more information s are welcome with the pol within arm's reach	TRY TO USE THE SPA see the aqua exercise so appropriate adult supe	ALL YMCA CE IN THE chedule. rvision.
ime :00-4:30pm IOTE: THIS SCHE MEMBERS, GUEST AQUATIC CENTER Aqua Fitness Open Swim	Lap Swim DULE IS SUBJECT S, AND USER GRC IN THE BEST WAY Aqua Exercise class During family fun s Children 5 and und Ages 6-12 must ha	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce wim individuals and er must have an add	NYTIME WITHOUT ATE YOUR UNDER TTER SERVE EVER <b>IVITY DESCRIP</b> rtified Instructors. F family's of all ages a ult guardian in the por	NOTICE TO BETTE STANDING AS WE YONE. <b>PTIONS</b> or more information s are welcome with the pol within arm's reach	TRY TO USE THE SPA see the aqua exercise so appropriate adult super at all times.	ALL YMCA CE IN THE chedule. rvision.
<b>ime</b> ::00-4:30pm <b>IOTE:</b> THIS SCHE 1EMBERS, GUEST	Lap Swim DULE IS SUBJECT S, AND USER GRC IN THE BEST WAY Aqua Exercise class During family fun s Children 5 and und Ages 6-12 must ha an approved lifejac	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce wim individuals and er must have an add ve an adult guardian ket in the pool area.	NYTIME WITHOUT ATE YOUR UNDER TTER SERVE EVER <b>IVITY DESCRIP</b> rtified Instructors. F family's of all ages a ult guardian in the po n on deck or in the p	NOTICE TO BETTE STANDING AS WE YONE. TIONS or more information s are welcome with the pol within arm's reach ool at all times AND a	TRY TO USE THE SPA see the aqua exercise so appropriate adult super at all times.	ALL YMCA CE IN THE chedule. vision. swim test OR wea
ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUEST QUATIC CENTER QUATIC CENTER	Lap Swim DULE IS SUBJECT S, 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	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce wim individuals and er must have an add ve an adult guardian ket in the pool area.	NYTIME WITHOUT ATE YOUR UNDER TTER SERVE EVER <b>IVITY DESCRIP</b> ertified Instructors. F family's of all ages a ult guardian in the po n on deck or in the p	NOTICE TO BETTE STANDING AS WE YONE. TIONS or more information s are welcome with the pol within arm's reach pol at all times AND a lifejacket in the pool	TRY TO USE THE SPA see the aqua exercise so appropriate adult super at all times. Ilso must either pass a	ALL YMCA CE IN THE chedule. rvision. swim test OR wea is not required.
ime :00-4:30pm IOTE: THIS SCHE IEMBERS, GUEST QUATIC CENTER QUATIC CENTER	Lap Swim DULE IS SUBJECT S, AND USER GRC 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 Indicates when all water walking or ex lanes is encouraged	TO CHANGE AT A DUPS. WE APPRICI POSSIBLE TO BE ACT ses are taught by Ce wim individuals and er must have an add ve an adult guardian ket in the pool area. o pass a swim test C lane lines are in. Lap kercise. Open swim d.	NYTIME WITHOUT ATE YOUR UNDER: TTER SERVE EVER <b>IVITY DESCRIP</b> retified Instructors. F family's of all ages a ult guardian in the po- n on deck or in the p R wear an approved o swim will include an or playing is not inclu	NOTICE TO BETTE STANDING AS WE YONE. TIONS or more information s are welcome with the bol within arm's reach ool at all times AND a lifejacket in the pool	TRY TO USE THE SPA see the aqua exercise so appropriate adult super a at all times. Iso must either pass a area. Adult supervision noving back and forth in a first come first served	ALL YMCA CE IN THE chedule. rvision. swim test OR wea is not required. n a lane, including