

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE July 28 - August 3, 2025

Color Key	Open Swim / No	o Programming		Reserved for Pr	ogramming		
			MONDAY				
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	
·			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	
0:20-11:30am	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	•	•	Open Swim	Swim Lessons	Swim Lessons	
		Lap Swim	Lap Swim			Swim Lessons	
:00pm-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	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	
		Ť	WEDNESDA'	_			
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	
7:40-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim	
110 01300111	Eup Swiiii	Lup Swiiii	THURSDAY		open swiiii	open swiiii	
·i.m.a	l and 1	lana 2		T	Challey Costion	Doon Soction	
ime	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	
0:20-11:30am	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	
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	
			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	Open Swim	
			SATURDAY		open emm		
ime	Lane 1	Lane 2	Lane 3	1	Shallow Section	Deep Section	
				Lane 4		-	
: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	
:00-1:40pm	Lap Swim	Lap Swim	Lap Swim	Open Swim /	Swim Lessons	Swim Lessons	
:40-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim /	Open Swim	Open Swim / Scuba Group	
			SUNDAY	Scuba Group		Jacuba Group	
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ime	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section	
:00-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim / Scuba Group	Open Swim	Open Swim / Scuba Group	
OTE: THIS SCHE	DULF IS SUBJECT	TO CHANGE AT AN	ı IYTIMF WITH∩IIT		R FIT THE NEEDS OF		
					RY TO USE THE SPA		
		POSSIBLE TO BET				_	
			VITY DESCRIP				
qua Fitness	Agua Exercise class				ee the agua exercise so	hedule.	
	Aqua Exercise classes are taught by Certified Instructors. For more information see the aqua exercise schedule. During family fun swim individuals and family's of all ages are welcome with the appropriate adult supervision.						
nen Swim							
pen Swim	Children 5 and under must have an adult guardian in the pool within arm's reach at all times.						
pen Swim	Agos 6 12 1	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.					
Open Swim Swim Policy			on deck of in the po				
	an approved lifejacl	ket in the pool area.			ana Adala	: · · ·	
	an approved lifejack Ages 13-14 need to	ket in the pool area. pass a swim test OR	wear an approved I	ifejacket in the pool	area. Adult supervision		
wim Policy	an approved lifejach Ages 13-14 need to Indicates when all I	ket in the pool area. p pass a swim test OR ane lines are in. Lap	wear an approved I	ifejacket in the pool of activity involving m	oving back and forth ir	n a lane, includin	
	an approved lifejach Ages 13-14 need to Indicates when all I	ket in the pool area. pass a swim test OR ane lines are in. Lap secretse. Open swim or	wear an approved I	ifejacket in the pool of activity involving m	•	n a lane, includin	

Aquatics Facility (Pool / Steamroom / Spa / Sauna) **CLOSES 30 MINUTES** before the facilty closes.