

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE July 7 - July 13, 2025

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SATURDAYLane 1Lane 2Lane 3Lane 4Shallow SectionDeep SectionLap SwimLap SwimLap SwimLap SwimOpen SwimOpen SwimLap SwimLap SwimWater FitnessOpen SwimWater Fitness					Open Cuire /		Open Curies /		
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Lane 1 Lane 2 Lane 3 Lane 4 Shallow Section Deep Section Lap Swim Lap Swim Lap Swim Lap Swim Open Swim Open Swim Lap Swim Lap Swim Lap Swim Water Fitness Open Swim Water Fitness Lap Swim Lap Swim Lap Swim Open Swim Open Swim Open Swim Lessons Lap Swim Lap Swim Open									
Lane 1 Lane 2 Lane 3 Lane 4 Shallow Section Deep Section Lap Swim Lap Swim Lap Swim Lap Swim Open Swim Open Swim Lap Swim Lap Swim Lap Swim Water Fitness Open Swim Water Fitness Lap Swim Lap Swim Lap Swim Open Swim Swim Lessons Lap Swim Lap Swim Open Swim Open Swim Open Swim Swim Lessons Lap Swim Lap Swim Open Swim Open Swim Open Swim Open Swim / Scuba Group SUNDAY		Lane 1	Lane 2	Lane 3		Shallow Section			
Lane 1 Lane 2 Lane 3 Lane 4 Shallow Section Deep Section Lap Swim Lap Swim Lap Swim Lap Swim Open Swim Open Swim Lap Swim Lap Swim Lap Swim Water Fitness Open Swim Water Fitness Lap Swim Lap Swim Lap Swim Open Swim Open Swim Open Swim Water Fitness Lap Swim Lap Swim Open Swim Open Swim Swim Lessons Lap Swim Lap Swim Open Swim Open Swim Open Swim Open Swim Open Swim Open Swim Scuba Group SUNDAY Lane 1 Lane 2 Lane 3 Lane 4 Shallow Section Deep Section	ime		I an Swim	Lap Swim	Open Swim /		Onan Curina /		