

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

Color Key	Open Swim / No Programming Reserved for Programming					
	MONDAY					
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
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Camp
4:00-5:00pm	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
6:00pm-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						
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
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:20-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Camp
4:00pm-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
6:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
6:30pm-7:45pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness	Open Swim
7:30pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
		•	WEDNESDA'			
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
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Camp
4:00-5:00pm	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
6:00pm-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
			THURSDAY			
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
8:30-9:15am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:20-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Camp
4:00pm-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
6:00pm-6:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
6:30pm-7:45pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness	Open Swim
7:30pm-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 Section
5:00-8:30am	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
9:30-11:30am	Lap Swim	Lap Swim	Water Fitness	Water Fitness	Water Fitness	Open Swim
11:30-4:00pm	Summer Camp	Lap Swim	Lap Swim	Open Swim	Summer Camp	Summer Camp
4:00pm-7:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
7.55pm 7.50pm		1-05 011111	SATURDAY		10001011111	Sport Swilli
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
7:00-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
8:00-9:00am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim	Water Fitness
9:00-1:40pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
·		i i	·	Open Swim /		Open Swim /
1:40-4:30pm	Lap Swim	Lap Swim	Lap Swim	Scuba Group	Open Swim	Scuba Group
SUNDAY						
Time	Lane 1	Lane 2	Lane 3	Lane 4	<b>Shallow Section</b>	Deep Section
1:00-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim /	Open Swim	Open Swim /
	•	· .		Scuba Group	·	Scuba Group
NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE TO BETTER FIT THE NEEDS OF ALL YMCA						

**NOTE:** THIS SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE TO BETTER FIT THE NEEDS OF ALL YMCA MEMBERS, GUESTS, AND USER GROUPS. WE APPRICIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE.