

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE August 4th - October 4th, 2025

Color Key	Open Swim / N	o Programming		Reserved for P	rogramming	
			MONDAY		<u> </u>	
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	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
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
11:30-1:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
1:30-2:30pm	Swim Academy	Swim Academy	Swim Academy	Open Swim	Open Swim	Open Swim
2:30-4:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
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	Open Swim	Open Swim
7:30pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
		· · ·	WEDNESDAY	· ·		,
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	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
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		Open Swim	Open Swim
8:30-9:15am				ILap Swim		IODEH SWIIII
		<u> </u>	Lap Swim	Lap Swim Water Fitness	<u>'</u>	
9:20-11:30am	Lap Swim	Lap Swim	Lap Swim Water Fitness	Water Fitness	Open Swim	Water Fitness
9:20-11:30am 11:30-1:30pm	Lap Swim Lap Swim	Lap Swim Lap Swim	Water Fitness	Water Fitness Water Fitness	Open Swim Water Fitness	Water Fitness Open Swim
11:30-1:30pm	Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim	Water Fitness Lap Swim	Water Fitness Water Fitness Lap Swim	Open Swim Water Fitness Open Swim	Water Fitness Open Swim Open Swim
11:30-1:30pm 1:30-2:30pm	Lap Swim Lap Swim Lap Swim Swim Academy	Lap Swim Lap Swim Lap Swim Swim Academy	Water Fitness Lap Swim Swim Academy	Water Fitness Water Fitness Lap Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim	Water Fitness Open Swim Open Swim Open Swim
	Lap Swim Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim	Water Fitness Lap Swim	Water Fitness Water Fitness Lap Swim	Open Swim Water Fitness Open Swim	Water Fitness Open Swim Open Swim
11:30-1:30pm 1:30-2:30pm 2:30-4:00pm	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Lap Swim Swim Academy Lap Swim	Water Fitness Water Fitness Lap Swim Open Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim	Water Fitness Open Swim Open Swim Open Swim Open Swim
11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim	Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim	Water Fitness Water Fitness Lap Swim Open Swim Open Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Swim Lessons	Water Fitness Open Swim Open Swim Open Swim Open Swim Swim Lessons
11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 5:00pm-6:00pm	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy	Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy	Water Fitness Water Fitness Lap Swim Open Swim Open Swim Open Swim Swim Academy	Open Swim Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons	Water Fitness Open Swim Open Swim Open Swim Open Swim Swim Lessons Swim Lessons
11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 5:00pm-6:00pm 6:00pm-6:30pm	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim Swim Academy Lap Swim	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Water Fitness Lap Swim Open Swim Open Swim Open Swim Swim Academy Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons	Water Fitness Open Swim Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons
11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 5:00pm-6:00pm 6:00pm-6:30pm 6:30pm-7:45pm	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim Swim Academy Lap Swim Lap Swim	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Swim Academy Lap Swim Lap Swim	Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Lap Swim	Water Fitness Water Fitness Lap Swim Open Swim Open Swim Open Swim Swim Academy Open Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons Open Swim	Water Fitness Open Swim Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons Open Swim
11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 5:00pm-6:00pm 6:00pm-6:30pm 6:30pm-7:45pm	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim Swim Academy Lap Swim Lap Swim	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Swim Academy Lap Swim Lap Swim	Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Lap Swim Lap Swim FRIDAY	Water Fitness Water Fitness Lap Swim Open Swim Open Swim Open Swim Swim Academy Open Swim Open Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons Open Swim	Water Fitness Open Swim Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons Open Swim Open Swim
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11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 5:00pm-6:00pm 6:00pm-6:30pm 6:30pm-7:45pm 7:30pm-8:30pm Time 5:00-8:30am 8:30-9:15am	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Water Fitness Lap Swim Open Swim Open Swim Open Swim Swim Academy Open Swim Open Swim Open Swim Open Swim Lane 4 Lap Swim	Open Swim Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons Open Swim Open Swim Open Swim Open Swim Open Swim	Water Fitness Open Swim Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons Open Swim Open Swim Open Swim Open Swim
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11:30-1:30pm 1:30-2:30pm 2:30-4:00pm 4:00pm-5:00pm 5:00pm-6:00pm 6:00pm-6:30pm 6:30pm-7:45pm 7:30pm-8:30pm Time 5:00-8:30am 8:30-9:15am 9:30-11:30am 11:30-4:00pm 4:00pm-7:30pm Time 7:00-8:00am 8:00-9:00am 9:00-1:40pm 1:40-4:30pm	Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Swim Academy Lap Swim	Lap Swim Lap Swim Swim Academy Lap Swim Lap Swim Lap Swim Swim Academy Lap Swim	Water Fitness Lap Swim Swim Academy Lap Swim Swim Academy Lap Swim Sarura Lap Swim	Water Fitness Water Fitness Lap Swim Open Swim Open Swim Open Swim Swim Academy Open Swim Open Swim Open Swim Open Swim Upen Swim Open Swim Open Swim Upen S	Open Swim Water Fitness Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Swim Lessons Open Swim Shallow Section Open Swim Swim Lessons Open Swim	Water Fitness Open Swim Open Swim Open Swim Open Swim Swim Lessons Swim Lessons Open Swim Open Swim Open Swim Open Swim Open Swim Water Fitness Open Swim Scuba Group

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.