

EASTSIDE FAMILY YMCA AQUATIC SCHEDULE December 21st - January 18th

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	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
4:00-8:30pm	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
11:30-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
7:00-7:50pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim
7:50pm-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
			WEDNESDA	AY		
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
11:30-7:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
7:00-7:50pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Water Fitness
7:50-8:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
			THURSDA			
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
11:30-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
7:00-7:50pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim
7:50pm-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	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
4:00pm-7:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim	Open Swim
			SATURDA	Ý		
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	Open Swim	Open Swim
1:40-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim / Scuba Group	Open Swim	Open Swim / Scuba Group
			SUNDAY			Jacaba Group
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
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1:00-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim /	Open Swim	Open Swim /

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.