



EASTSIDE FAMILY YMCA AQUATIC SCHEDULE

March 14th - May 16th, 2026

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
4:00-5:00pm	Swim Lessons	Swim Lessons	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
6:00pm-7:00pm	Swim Academy	Swim Academy	Swim Academy	Open 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	Lap Swim	Lap Swim	Lap Swim	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-7:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
7:00pm-7:45pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness	Open Swim
7:45pm-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	Swim Lessons	Swim Lessons	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Lessons	Swim Lessons
6:00pm-7:00pm	Swim Academy	Swim Academy	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
7:00-7:45pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Water Fitness
7:45-8:30pm	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
11:30-1:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Swim	Open Swim
1:30-2:30pm	Lap Swim	Lap Swim	Lap Swim	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-7:00pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Swim Lessons	Swim Lessons
7:00pm-7:45pm	Lap Swim	Lap Swim	Lap Swim	Open Swim	Water Fitness	Open Swim
7:45pm-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

SATURDAY

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
1:40-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim / Scuba Group	Open Swim	Open Swim / Scuba Group
SUNDAY						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section	Deep Section
1:00-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim / Scuba Group	Open Swim	Open Swim / Scuba Group
<p>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.</p>						