



EASTSIDE FAMILY YMCA AQUATIC SCHEDULE

June 1st - June 15th, 2026

Color Key **Grey: Open Swim / No Programming** **Filled in Color: 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	Y-CAMP SWIM	Y-CAMP SWIM	Y-CAMP SWIM
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons
6:00-7:30pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
7:30-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap 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
11:30am-4:00pm	Lap Swim	Lap Swim	Lap Swim	Y-CAMP SWIM	Y-CAMP SWIM	Y-CAMP SWIM
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons
6:00-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
7:00pm-7:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim
7:45-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap 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	Y-CAMP SWIM	Y-CAMP SWIM	Y-CAMP SWIM
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons
6:00pm-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
7:00-7:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Swim Lessons
7:45-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap 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	Lap Swim	Lap Swim	Lap Swim	Y-CAMP SWIM	Y-CAMP SWIM	Y-CAMP SWIM
4:00-5:00pm	Swim Lessons	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
5:00-6:00pm	Swim Academy	Swim Academy	Swim Academy	Lap Swim	Swim Lessons	Swim Lessons
6:00-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons
7:00-7:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Open Swim
7:45-8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap 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
11:30-3:00pm	Lap Swim	Lap Swim	Lap Swim	Y-CAMP SWIM	Y-CAMP SWIM	Y-CAMP SWIM
3:00pm-7:30pm	Lap Swim	Lap Swim	Lifeguard Class	Lifeguard Class	Open Swim	Lifeguard Class

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	Water Fitness	Water Fitness
9:00-1:40pm	Lap Swim	Lap Swim	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons
1:40-4:30pm	Lap Swim	Lap Swim	Lap Swim	Open Swim / Scuba Group	Lifeguard Class	Lifeguard Class

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

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 APPRECIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE. THE LIFEGUARD GETS FINAL SAY IN ANY SAFETY CONCERN OR BEHAVIORAL CORRECTION TO KEEP OUR FACILITY SAFE.