# EASTSIDE FAMILY YMCA AQUATIC SCHEDULE
# FALL II - October 13 - December 19th

| 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 | Lap Swim | Open Swim | Open Swim |
| 4:00-5:00pm | Lap Swim | Lap Swim | Lap Swim | Swim Lessons | Swim Lessons | Swim Lessons |
| 5:00-7:45pm | Swim Academy | Swim Academy | Swim Academy | Swim Academy | Swim Lessons | Open Swim |
| 7:45-8:30pm | 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 |
| 11:30-4:00pm | Lap Swim | Lap Swim | Lap Swim | Lap 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 | Lap Swim | Swim Lessons | Swim Lessons | Open Swim |
| 6:00-7:00pm | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Open Swim | Open Swim |
| 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 |
| 11:30-3:45pm | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Open Swim | Open Swim |
| 3:45-5:00pm | Lap Swim | Lap Swim | Lap Swim | RENTAL | Swim Lessons | Open Swim |
| 5:00-6:00pm | Swim Academy | Swim Academy | Swim Academy | Lap Swim | Swim Lessons | Swim Lessons |
| 6:00pm-7:00pm | Swim Academy | Swim Academy | Lap Swim | Lap Swim | Swim Lessons | Swim Lessons |
| 7:00-7:45pm | Lap Swim | Lap Swim | Lap Swim | Swim Lessons | Swim Lessons | Water Fitness |
| 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 | Lap Swim | Open Swim | Open Swim |
| 4:00-5:00pm | Lap Swim | Lap Swim | Lap Swim | Swim Lessons | Swim Lessons | Open Swim |
| 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 |
| 11:30-12:45pm | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Open Swim | Open Swim |
| 12:35-3:00pm | Lap Swim | Lap Swim | Homeschool PE | Homeschool PE | Open Swim | Open Swim |
| 3:00pm-7:30pm | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Open Swim | Open / Scuba |

## 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 | 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 |

**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. **THE LIFEGUARD GETS FINAL SAY IN ANY SAFETY CONCERN OR BEHAVIORAL CORRECTION TO KEEP OUR FACILITY SAFE.**