



Eastside Family YMCA

Large/Lap Pool Schedule WINTER 2024

****subject to change based on guard availability****

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Pool opens: Monday-Friday 5:30am; Saturday 7:00am; Sunday 8:00am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30 - 6:30am								
6:30 - 7:30am								
7:30 - 8:20am						7:00 - 8:00am		
8:30 - 9:20am	Shallow Water Fitness 8:30-9:20am		Shallow Water Fitness 8:30-9:20am		Shallow Water Fitness 8:30-9:20am	8:15 - 9:15am	Swim Lessons 9-9:30am (4 Lanes Open)	
9:30 - 10:20am	Power Deep Water Fitness 9:30-10:20am	Deep Water Fitness 9:30-10:20am	Power Deep Water Fitness 9:30-10:20am	Deep Depths Water Fitness 9:30-10:20am	Power Deep Water Fitness 9:30-10:20am	9:30 - 10:30am	Instructor's Choice 9:30-10:20am	OPEN SWIM 8am-1:30pm
10:30 - 11:20am						10:45 - 11:45am	Swim Lessons 10:50am-1:15pm (4 Lanes Open)	
11:30 - 12:30pm						12:00 - 1:00pm		
12:30 - 1:30pm						1:00 - 2:00pm		Pool Closes @ 1:30pm
1:30 - 2:30pm						2:00 - 3:00pm	OPEN SWIM 1-4pm	
2:30 - 3:30pm						3:00 - 4:00pm		
3:30 - 4:30pm							Pool Closes @ 4pm	
4:30 - 5:30pm		Swim Lessons 4:15pm-6:50pm (3 Lanes Open)	Swim Lessons 4-6:30pm (3 Lanes Open)	Swim Lessons 4-7pm (2 Lanes Open)				
5:30 - 6:30pm								
6:30 - 7:30pm	Power Deep Water Fitness 6:30-7:20pm		Water Boot Camp 6:30-7:20pm					
7:30 - 8:15pm					Pool closes @ 7:20pm			
8:30 - 9:00pm								

Pool closes: Monday-Thursday 8:15pm; Friday 7:20pm; Saturday 4pm; Sunday 1:30pm

	Indicates open swim (all lanes available); reservations recommended
Y Swim Lessons	Indicates classes or group - the number indicates lanes available; reservations required
	Indicates pool is not available for lap swim

Our instructors need about 10 minutes to prepare the pool before and after each Water Fitness Classes.
Thank You ~ Pool Staff

****Online Lane Reservations are recommended to guarantee your space****

No reservations for Saturday 1-4pm and Sunday 8am-1:30pm

A swim test is required for use of the large pool, ages 17 and under.

If you have previously completed and passed this test, you may pick up your wrist band from the front desk.

During open swim, children 5 and under must be within arm's reach of an adult (18 or older) in the water.

Children 6-8 must have an adult in the pool area.

Group Swim Lessons: January 30 - March 23

Private swim lessons will receive priority access to the pools during regular operating hours

*Effective January 28