



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Small/Family 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 6:00am; Saturday 7:00am; Sunday 8:00am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00am							
7:00 - 7:30am							
7:30 - 8:00am							
8:00 - 8:30am	Arthritis 8-8:45am		Arthritis 8-8:45am		Arthritis 8-8:45am		
8:30 - 9:00am							
9:00 - 9:30am	Healthy Back 9-9:45am		Healthy Back 9-9:45am		Healthy Back 9-9:45am		
9:30 - 10:00am							
10:00 - 10:30am		Swim Lessons 9:30-11:15am		Swim Lessons 9:15-10:45am **Starts 2/15**		Swim Lessons NO OPEN SWIM 9am-12pm	OPEN SWIM 8am-1:30pm
10:30 - 11:00am							
11:00 - 11:30am							
11:30 - 12:00pm	Volleyball 11:30-12:30pm		Volleyball 11:30-12:30pm				
12:00 - 12:30pm							
12:30 - 1:00pm							Slide 12-1:30pm
1:00 - 1:30pm							
1:30 - 2:00pm						Slide 12:30-3pm	
2:00 - 2:30pm		Water Walkers 2-3pm		Water Walkers 2-3pm			Pool Closes @ 1:30pm
2:30 - 3:00pm							
3:00 - 3:30pm							
3:30 - 4:00pm							
4:00 - 4:30pm					Arthritis 4-4:45pm	Pool Closes @ 4pm	
4:30 - 5:00pm		Swim Lessons NO OPEN SWIM 4-6:15pm	Swim Lessons				
5:00 - 5:30pm	Arthritis 5-5:45pm		Arthritis & Swim lessons 5-5:45pm	Swim Lessons NO OPEN SWIM 4-7:40pm			
5:30 - 5:45pm							
5:45 - 6:00pm	Functional Fitness 5:45-6:30pm		Swim Lessons NO OPEN SWIM 5:45-7:30pm		Slide 5-7:15pm		
6:00 - 6:30pm							
6:30 - 7:00pm							
7:00 - 7:30pm							
7:30 - 8:30pm					Pool Closes @ 7:30pm		
8:30 - 9:00pm							

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

	Indicates open swim; times subject to change based on lifeguard availability
Y Swim Lessons/ Water Classes	Indicates classes/Adult exercise only available in opposite end
	Indicates pool is not available for open swim

Serpentine Slide

Friday 5-7:15pm

Saturday 12:30-2:30pm

Sunday 12-1:30pm

Subject to lifeguard availability

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.

A swim test is required for use of the Serpentine Slide, or rider must be taller than 5 ft.

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

Group Swim Lessons: January 30 - March 23

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

*Effective January 29