



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Eastside Family YMCA

## Large/Lap Pool Schedule

**August 1-10, 2025**

**\*\*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**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30 - 6:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim			
6:30 - 7:30am	5:30-8:30am *Reservations Required*	5:30-8:30am *Reservations Required*	5:30-8:30am *Reservations Required*	5:30-8:30am *Reservations Required*	5:30-8:30am *Reservations Required*			
7:30 - 8:30am								
8:30 - 8:50am	LIFEGUARD SAFETY BREAKS 8:30-8:50am					7:00 - 8:00am	Lap Swim	
9:00 - 10:00am	*** 9:00-11:00am Water Fitness ***	Water Fitness & Swim Lessons	*** 9:00-11:00am Water Fitness ***	Water Fitness & Swim Lessons	*** 9:00-11:00am Water Fitness ***	8:15 - 9:15am	7:00-9:15am	
10:00 - 11:00am		Swim Lessons 10:00-11:00am ***		Swim Lessons 10:00-11:00am ***		9:30 - 10:30am	Instructors Choice 9:30-10:20am	
11:00am - 12:00pm	Open/Lap Swim	Swim Lessons 11:00-11:50am (3 Lanes Open)	Open/Lap Swim	Swim Lessons 11:00-11:50am (3 Lanes Open)		10:45am - 11:30am	Open/Lap Swim	
12:00 - 1:00pm	11:00am - 1:00pm		11:00am - 1:00pm			11:30 - 12:30pm	10:45am-2:00pm	
1:00 - 2:00pm	Camp Swim Lessons 1:00-3:00pm (3 Lanes Open)		Camp Swim Lessons 1:00-3:00pm (3 Lanes Open)			12:30 - 2:00pm		
2:00 - 3:00pm					Open/Lap Swim 11:00am - 7:00pm		Pool Closes @ 2:00pm	
3:00 - 4:00pm		Open/Lap Swim 12:00pm - 8:00pm		Open/Lap Swim 12:00pm - 8:00pm				
4:00 - 5:00pm	Open/Lap Swim 3:00pm - 7:00pm		Open/Lap Swim 3:00pm - 7:00pm					
5:00 - 6:00pm								
6:00 - 7:00pm								
7:00 - 8:00pm	*** 7:00-7:45pm Water Fitness		*** 7:00-7:45pm Water Fitness		Pool Closes @ 7:00pm			

**Pool Closes: Monday-Thursday 8:00pm; Friday 7:00pm; Saturday 2:00pm**

<b>OPEN</b>	Indicates open swim (all lanes available)	Our instructors need about 10 minutes to prepare the pool before and after each Water Fitness Classes.
<b>Y Swim Lessons</b>	Indicates classes or group - the number indicates lanes available; Reservations Required	Thank You ~ Pool Staff
	Indicates pool is not available for lap swim	***During Inclement Weather, large pool will be utilized for Water Fitness Classes during these times***

### **\*Online Lane Reservations are Required for Premium Lap Swimming Hours\***

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.**

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

Summer Morning Group Swim Lessons: July 15-August 7

Summer Camp Swim Lessons: June 16-August 6

\*Effective August 1