



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

Eastside Family YMCA

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY										
5:30 - 7:00am	Open Swim 6:00-8:00am	Open Swim 6:00-9:00am	Open Swim 6:00-8:00am	Open Swim 6:00-9:00am	Open Swim 6:00-8:00am	Open Swim 7:00-9:00am											
7:00 - 7:30am																	
7:30 - 8:00am																	
8:00 - 8:30am	Arthritis 8:00-8:45am		Arthritis 8:00-8:45am		Arthritis 8:00-8:45am												
8:30 - 9:00am																	
9:00 - 9:30am	Healthy Back 9:00-9:45am	Swim Lessons NO OPEN SWIM 9:00am - 12:00pm	Healthy Back 9:00-9:45am	Swim Lessons NO OPEN SWIM 9:00am - 12:00pm	Healthy Back 9:00-9:45am	Private Swim Lessons 9:00am - 12:00pm											
9:30 - 9:45am																	
9:45 - 10:00am	Functional Fitness 9:45-10:30am		Water Walkers 9:45-11:00am		Water Walkers 9:45-11:00am												
10:00 - 10:30am																	
10:30 - 11:00am	Water Walkers 10:30-11:00am		Adult Volleyball 11-12pm														
11:00 - 11:30am	Adult Volleyball 11-12pm																
11:30 - 12:00pm																	
12:00 - 12:30pm	Open Swim 12:00pm - 2:00pm		Open Swim 12:00pm - 2:00pm	Open Swim 12:00pm - 8:00pm	Open Swim 11:00am - 4:00pm	Open Swim 12:00pm - 2:00pm											
12:30 - 1:00pm																	
1:00 - 1:30pm																	
1:30 - 2:00pm	Summer Camp Swim Lessons 2:00-4:00pm		Summer Camp Swim Lessons 2:00-4:00pm		Arthritis 4:00-4:45pm	Pool Closes @ 2:00pm											
2:00 - 2:30pm																	
2:30 - 3:00pm																	
3:00 - 3:30pm																	
3:30 - 4:00pm	Open Swim 4:00-5:00pm	Open Swim 12:00pm - 8:00pm	Open Swim 4:00-5:00pm														
4:00 - 4:30pm																	
4:30 - 5:00pm																	
5:00 - 5:30pm	Arthritis 5:00-5:45pm		Arthritis 5:00-5:45pm		Open Swim 5:00pm - 7:00pm												
5:30 - 6:00pm																	
6:00 - 6:30pm	Open Swim 6:00pm - 8:00pm		Open Swim 6:00pm - 8:00pm		Pool Closes @ 7:00pm												
6:30 - 7:00pm																	
7:00 - 7:30pm																	
7:30 - 8:00pm																	

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

OPEN	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

Join us at the Outdoor Pool!
***Serpentine Slide will only be open on
Saturday Afternoons if the Outdoor Pool
is closed***

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.*

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