



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

Eastside Family YMCA

Large/Lap Pool Schedule September 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 5:30-8:30am *Reservations Required*	Lap Swim 5:30-9:30am *Reservations Required*	Lap Swim 5:30-8:30am *Reservations Required*	Lap Swim 5:30-9:30am *Reservations Required*	Lap Swim 5:30-8:30am *Reservations Required*			
6:30 - 7:30am								
7:30 - 8:30am								
8:30 - 9:30am	Shallow Water Fitness 8:30-9:20am		Shallow Water Fitness 8:30-9:20am		Water Boot Camp 8:30-9:20am	7:00 - 8:00am	Lap Swim 7:00-9:15am	
9:30 - 10:30am	Power Deep Water Fitness 9:30-10:20am	Shallow Water Fitness 9:30-10:20am	Power Deep Water Fitness 9:30-10:20am	Mixed Depths Water Fitness 9:30-10:20am	Power Deep Water Fitness 9:30-10:20am	8:15 - 9:15am		
10:30 - 11:30am		Mixed Depths Water Fitness 10:30-11:20am		Deep Water Fitness 10:30-11:20am		9:30 - 10:30am	Instructors Choice 9:30-10:20am	
11:30am - 12:30pm						10:30am - 12:00pm		
12:30 - 1:30pm				Open/Lap Swim 11:30am - 3:00pm		12:00 - 1:00pm		
1:30 - 2:30pm	Open/Lap Swim 10:30am - 6:20pm		Open/Lap Swim 10:30am - 6:20pm		Open/Lap Swim 11:00am - 6:45pm	1:00 - 2:00pm	Open/Lap Swim 10:30am-4:00pm	
2:30 - 3:30pm		Open/Lap Swim 11:30am - 8:30pm		*EDISON* SAW LESSONS 3:00-4:00pm		2:00 - 3:00pm		
3:30 - 4:30pm						3:00 - 4:00pm		
4:30 - 5:30pm							Pool Closes @ 4:00pm	
5:30 - 6:30pm				Open/Lap Swim 4:00pm - 8:30pm				
6:30 - 7:30pm	Power Deep Water Fitness 6:30-7:20pm		Water Boot Camp 6:30-7:20pm					
7:30 - 8:30pm					Pool Closes @ 6:45pm			

Pool Closes: Monday-Thursday 8:30pm; Friday 6:45pm; Saturday 4:00pm

OPEN	Indicates open swim (all lanes available)
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 Class
Thank You ~ Pool Staff

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
BACK-TO-SCHOOL PRIVATE SWIM LESSONS: September 8-October 4
EDISON SAW LESSONS: September 18-October 23

➤Effective September 2