



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

Eastside Family YMCA

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:30 - 7:00am	Open Swim 6:00-8:00am	Open Swim 6:00am - 12:00pm	Open Swim 6:00-8:00am	Open Swim 6:00am - 10:30am	Open Swim 6:00-8:00am	Open Swim 7:00am - 4:00pm					
7:00 - 7:30am											
7:30 - 8:00am											
8:00 - 8:30am	Arthritis 8:00-8:45am		Arthritis 8:00-8:45am		Open Swim 6:00am - 10:30am			Arthritis 8:00-8:45am			
8:30 - 9:00am											
9:00 - 9:30am	Healthy Back 9:00-9:45am		Healthy Back 9:00-9:45am					Healthy Back 9:00-9:45am			
9:30 - 9:45am											
9:45 - 10:00am	Functional Fitness 9:45-10:30am		Water Walkers 9:45-11:00am	Functional Fitness 10:30-11:15am	Water Walkers 9:45-11:00am						
10:00 - 10:30am											
10:30 - 11:00am	Water Walkers 10:30-11:00am										
11:00 - 11:30am	Adult Volleyball 11-12pm	Adult Volleyball 11-12pm									
11:30 - 12:00pm											
12:00 - 12:30pm	Open Swim 12:00pm - 5:00pm	Open Swim 12:00pm - 5:00pm	Open Swim 11:30am - 3:00pm	Open Swim 11:00am - 4:00pm	**Slide** 12:30pm - 2:30pm						
12:30 - 1:00pm											
1:00 - 1:30pm					Open Swim						
1:30 - 2:00pm											
2:00 - 2:30pm			*EDISON* SAW LESSONS 3:00-4:00pm								
2:30 - 3:00pm											
3:00 - 3:30pm			Open Swim 12:00pm - 8:30pm			Arthritis 4:00-4:45pm		Pool Closes @ 4:00pm			
3:30 - 4:00pm											
4:00 - 4:30pm			Open Swim 4:00pm - 8:30pm	Open Swim 5:00-6:45pm							
4:30 - 5:00pm				**Slide** 5:30-6:30pm							
5:00 - 5:30pm	Arthritis 5:00-5:45pm			Arthritis 5:00-5:45pm		Pool Closes @ 6:45pm					
5:30 - 6:00pm											
6:00 - 6:30pm	Open Swim 6:00pm - 8:30pm			Open Swim 6:00pm - 8:30pm							
6:30 - 7:00pm											
7:00 - 7:30pm											
7:30 - 8:00pm											
8:00 - 8:30pm											

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

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

Serpentine Slide

Friday 5:30-6:30pm

Saturday 12:30-2:30pm

****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.*

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