



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

# Eastside Family YMCA

## Large/Lap Pool Schedule October 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	Open/Lap Swim 5:30-8:20am	Open/Lap Swim 5:30-9:20am	Open/Lap Swim 5:30-8:20am	Open/Lap Swim 5:30-9:20am	Open/Lap Swim 5:30-8:20am				
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 9:30-10:30am	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	Open/Lap Swim 10:30am - 6:20pm	Mixed Depth Water Fitness 10:30-11:20am	Open/Lap Swim 10:30am - 4:00pm	Deep Water Fitness 10:30-11:20am	Open/Lap Swim 10:30am - 6:45pm	9:30 - 10:30am	Instructors Choice 9:30-10:20am	Open/Lap Swim 10:30am-4:00pm	
11:30am - 12:30pm		Open/Lap Swim 11:30am - 4:00pm		Open/Lap Swim 11:30am - 3:00pm		10:30am - 12:00am			
12:30am - 1:30pm						12:00 - 1:00pm			
1:30 - 2:30pm						1:00 - 2:00pm			
2:30- 3:30pm		Swim Lessons 4:00-7:20pm 2 Lanes Open	Edison Swim Lesson 3:00-4:00pm	2:00- 3:00pm					
3:30- 4:30pm			Swim Lessons 4:00-6:20pm 2 Lanes Open	3:00- 4:00pm					
4:30- 5:30pm									
5:30- 6:30pm									
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 @ 4:00pm		

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

<b>OPEN</b>	Indicates open swim (all lanes available)
<b>Y Swim Lessons</b>	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 Classes.  
Thank You ~ Pool Staff

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.**

Swim Lessons: October 13 - December 13

Edison Swim Lessons: September 18 - October 23

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

\*Effective October 1