



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

Eastside Family YMCA

Small/Family Pool Schedule November 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; Sunday 8:00am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 - 7:00am	Open Swim 6:00-8:00am	Open Swim 6:00am - 9:00am	Open Swim 6:00-8:00am	Open Swim 6:00am - 10:30am	Open Swim 6:00-8:00am	Open Swim 7:00am - 9:00am		
7:00 - 7:30am								
7:30 - 8:00am								
8:00 - 8:30am	Arthritis 8:00-8:45am	Swim Lessons 9:00am - 11:20am	Arthritis 8:00-8:45am	Open Swim 6:00am - 10:30am	Arthritis 8:00-8:45am	Swim Lessons 9:00am-12:00pm	Open Swim 8:00am-12:00pm	
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 9:45-11:00pm		Water Walkers 9:45-11:00am			
10:00 - 10:30am								
10:30 - 11:00am	Water Walkers 10:30am-11:00am			Functional Fitness 10:30-11:15am				
11:00 - 11:30am	Open Swim 11:00am - 5:00pm	Open Swim 11:20pm - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:15am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim	**Slide** 12:00pm - 1:30pm Pool Closes @ 1:30pm	
11:30 - 12:00pm								
12:00 - 12:30pm								
12:30 - 1:00pm								
1:00 - 1:30pm								
1:30 - 2:00pm								
2:00 - 2:30pm								
2:30 - 3:00pm								
3:00 - 3:30pm								
3:30 - 4:00pm								
4:00 - 4:30pm	Swim Lessons 4:00pm - 7:00pm	Swim Lessons 4:00-5:00pm Arthritis & Swim Lessons 5:00-5:45pm Swim Lessons 5:45-7:00pm	Swim Lessons 4:00pm - 7:00pm	Arthritis 4:00-4:45pm	Pool Closes @ 4:00pm			
4:30 - 5:00pm								
5:00 - 5:30pm						Arthritis 5:00-5:45pm		
5:30 - 6:00pm	Open Swim 6:00pm - 8:30pm	Open Swim 7:00pm - 8:30pm	Open Swim 7:00pm - 8:30pm	Open Swim 7:00pm - 8:30pm	**Slide** 5:30-6:30pm Pool Closes @ 6:45pm			
6:00 - 6:30pm								
6:30 - 7:00pm								
7:00 - 7:30pm								
7:30 - 8:00pm								
8:00 - 8:30pm								

Pool closes: Monday-Thursday 8:30pm; Friday 7:00pm; Saturday 4:00pm; Sunday 1:30pm

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 5:30-6:45pm

Saturday 12:30-2:30pm

Sunday 12:00-1:30pm

****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.*

Swim Lessons: October 13 - December 13

Private Swim Lessons will receive priority access to the pools during regular operating hours

*Effective November 1