



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

# Eastside Family YMCA

## Large/Lap 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 5:30am; Saturday 7:00am; Sunday 8:00am**

|                   | MONDAY                                   | TUESDAY                                     | WEDNESDAY                                   | THURSDAY                                    | FRIDAY                                   |                                 | SATURDAY                                          | SUNDAY                         |
|-------------------|------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|------------------------------------------|---------------------------------|---------------------------------------------------|--------------------------------|
| 5:30 - 6:30am     | Open/Lap Swim<br>5:30-8:20am             | Open/Lap Swim<br>5:30-9:20am                | Open/Lap Swim<br>5:30-8:20am                | Open/Lap Swim<br>5:30-9:20am                | Open/Lap Swim<br>5:30-8:20am             |                                 |                                                   |                                |
| 6:30 - 7:30am     |                                          |                                             |                                             |                                             |                                          |                                 |                                                   |                                |
| 7:30 - 8:30am     |                                          |                                             |                                             |                                             |                                          |                                 |                                                   |                                |
| 8:30 - 9:30am     | Shallow Water Fitness<br>8:30-9:20am     |                                             | Shallow Water Fitness<br>8:30-9:20am        |                                             | Water Boot Camp<br>8:30-9:20am           | 7:00 - 8:00am                   | Open/Lap Swim<br>7:00-9:15am                      | Open/Lap Swim<br>8:00am-1:30pm |
| 9:30 - 10:30am    | Power Deep Water Fitness<br>9:30-10:30am | Mixed Depths Water Fitness<br>9:30-10:20am  | Power Deep Water Fitness<br>9:30-10:20am    | Mixed Depths Water Fitness<br>9:30-10:20am  | Power Deep Water Fitness<br>9:30-10:20am | 8:15 - 9:15am                   |                                                   |                                |
| 10:30 - 11:30am   | Open/Lap Swim<br>10:30am - 6:20pm        | Open/Lap Swim<br>10:30am-4:00pm             | Open/Lap Swim<br>10:30am - 4:00pm           | Open/Lap Swim<br>10:30am-4:00pm             | Open/Lap Swim<br>10:30am - 6:45pm        | 9:30 - 10:30am                  | Instructors Choice & Swim Lessons<br>9:30-10:20am |                                |
| 11:30am - 12:30pm |                                          |                                             |                                             |                                             |                                          | 10:30am - 11:00am               | Swim Lessons<br>10:30am-11:00am<br>3 lanes Open   |                                |
| 12:30am - 1:30pm  |                                          |                                             |                                             |                                             |                                          | 11:00 - 1:00pm                  | Open/Lap Swim<br>11:00am-4:00pm                   |                                |
| 1:30 - 2:30pm     |                                          |                                             |                                             |                                             |                                          | 1:00 - 2:00pm                   |                                                   |                                |
| 2:30- 3:30pm      |                                          |                                             |                                             |                                             |                                          | 2:00- 3:00pm                    |                                                   |                                |
| 3:30- 4:30pm      |                                          | Swim Lessons<br>4:00-5:15pm<br>2 Lanes Open | Swim Lessons<br>4:00-6:20pm<br>2 Lanes Open | Swim Lessons<br>4:00-7:20pm<br>3 Lanes Open |                                          | 3:00- 4:00pm                    | Pool Closes @ 4:00pm                              |                                |
| 4:30- 5:30pm      |                                          |                                             |                                             |                                             |                                          |                                 |                                                   |                                |
| 5:30- 6:30pm      |                                          |                                             |                                             |                                             |                                          | No Open/Lap Swim<br>5:15-5:45pm |                                                   |                                |
| 6:30- 7:30pm      | Power Deep Water Fitness<br>6:30-7:20pm  | Swim Lessons<br>6:00-7:20pm<br>2 Lanes Open | Water Boot Camp<br>6:30-7:20pm              |                                             |                                          |                                 |                                                   |                                |
| 7:30- 8:30pm      |                                          |                                             |                                             |                                             | Pool Closes @ 6:45pm                     |                                 |                                                   |                                |
|                   |                                          |                                             |                                             |                                             |                                          |                                 |                                                   |                                |

**Pool Closes: Monday-Thursday 8:30pm; Friday 6:45pm; Saturday 4:00pm; Sunday 1:30pm**

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

\*Effective November 1