



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Eastside Family YMCA

Small/Family Pool Schedule  
December 15 Thru December 31 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 - 8:30pm	Open Swim 6:00-8:00am	Open Swim 6:00am - 10:30am	Open Swim 6:00-8:00am	Open Swim 7:00am - 12:30pm	Open Swim 8:00am- 12:00pm					
7:00 - 7:30am			Arthritis 8:00-8:45am		Arthritis 8:00-8:45am							
7:30 - 8:00am												
8:00 - 8:30am	Arthritis 8:00-8:45am		Open Swim 6:00am - 10:30am	Arthritis 8:00-8:45am								
8:30 - 9:00am	Healthy Back 9:00-9:45am							Healthy Back 9:00-9:45am				
9:00 - 9:30am				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			Functional Fitness 10:30-11:15am									
10:30 - 11:00am												
11:00 - 11:30am	Open Swim 11:00am - 5:00pm		Open Swim 11:00am - 5:00pm		Open Swim 11:00am - 4:00pm	Open Swim 7:00am - 12:30pm	Open Swim 8:00am- 12:00pm					
11:30 - 12:00pm												
12:00 - 12:30pm												
12:30 - 1:00pm						Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm					
1:00 - 1:30pm												
1:30 - 2:00pm												
2:00 - 2:30pm						Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm					
2:30 - 3:00pm												
3:00 - 3:30pm												
3:30 - 4:00pm						Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm					
4:00 - 4:30pm												
4:30 - 5:00pm												
5:00 - 5:30pm	Arthritis 5:00-5:45pm		Arthritis 5:00-5:45pm	Open Swim 11:15am - 8:30pm	Arthritis 4:00-4:45pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm					
5:30 - 6:00pm												
6:00 - 6:30pm												
6:30 - 7:00pm	Open Swim 6:00pm - 8:30pm		Open Swim 6:00pm - 8:30pm		Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm					
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.\*

Dates the Pool closes: December 24, December 25

Date the Pool close early: December 31 at 4:30pm

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

\*Effective December 15