



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

Eastside Family YMCA

Large/Lap Pool Schedule January 2026

****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 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	Open/Lap Swim 7:00-9:15am	Open/Lap Swim 8:00am-1:30pm
9:30 - 10:30am	Power Deep Water Fitness 9:30-10:30am	Mixed Depths 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 - 4:00pm	Open/Lap Swim 10:30am-4:00pm	Open/Lap Swim 10:30am - 4:00pm	Open/Lap Swim 10:30am-4:00pm	Open/Lap Swim 10:30am - 6:45pm	9:30 - 10:30am	Instructors Choice & Swim Lessons 9:30-10:20am	
11:30am - 12:30pm						10:30am - 11:00am	Private Lesson 10:30am-12:00pm	
12:30am - 1:30pm						11:00 - 1:00pm		
1:30 - 2:30pm						1:00 - 2:00pm	Open/Lap Swim 12:00-4:00pm	
2:30-3:30pm						2:00-3:00pm		
3:30-4:30pm	Private Lesson 4:00pm-6:30pm	Private Lesson 4:00pm-6:30pm	Private Lesson 4:00pm-6:30pm	Private Lesson 4:00pm-6:30pm		3:00-4:00pm		
4:30-5:30pm							Pool Closes @ 4:00pm	
5:30-6:30pm								
6:30-7:30pm	Power Deep Water Fitness 6:30-7:20pm		Water Boot Camp 6:30-7:20pm		Pool Closes @ 6:45pm			
7:30-8:30pm								

OPEN	Indicates open swim (all lanes available)
Y Swim Lessons	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.**

Winter Group Lesson Session: January 26 - March 21
Private swim lessons will receive priority access to the pools during regular operating hours

*Effective January 2nd