



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Small/Family 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 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 - 4:00pm	Open Swim 6:00-8:00am	Open Swim 6:00am - 10:30am	Open Swim 6:00-8:00am	Open Swim 7:00am - 9:00pm						
7:00 - 7:30am			Arthritis 8:00-8:45am		Open Swim 6:00am - 10:30am			Arthritis 8:00-8:45am				
7:30 - 8:00am												
8:00 - 8:30am	Arthritis 8:00-8:45am		Open Swim 11:00am - 4:00pm		Arthritis 8:00-8:45am	Private Lessons 9:00am - 12:00am	Open Swim 8:00am- 12:00pm					
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			Water Walkers 9:45-11:00pm	Water Walkers 9:45-11:00am							
9:30 - 9:45am												
9:45 - 10:00am	Functional Fitness 9:45-10:30am		Functional Fitness 10:30-11:15am	Water Walkers 9:45-11:00am								
10:00 - 10:30am	Water Walkers 10:30am-11:00am											
10:30 - 11:00am	Open Swim 11:00am - 4:00pm		Open Swim 11:00am - 4:00pm	Open Swim 11:15am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 7:00am - 9:00pm					
11:00 - 11:30am		Open Swim 11:00am - 4:00pm							Open Swim 11:15am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	
11:30 - 12:00pm												
12:00 - 12:30pm		Open Swim 11:00am - 4:00pm					Open Swim 11:15am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm
12:30 - 1:00pm												
1:00 - 1:30pm		Open Swim 11:00am - 4:00pm					Open Swim 11:00am - 4:00pm	Open Swim 11:15am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm
1:30 - 2:00pm												
2:00 - 2:30pm		Open Swim 11:00am - 4:00pm					Open Swim 11:00am - 4:00pm	Open Swim 11:15am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm
2:30 - 3:00pm												
3:00 - 3:30pm		Open Swim 11:00am - 4:00pm					Open Swim 11:00am - 4:00pm	Open Swim 11:15am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm	Open Swim 11:00am - 4:00pm
3:30 - 4:00pm												
4:00 - 4:30pm	Private Lessons 4:00pm-5:00pm	Private Lesson 4:00pm - 6:30pm	Private Lesssons 4:00pm-5:00pm	Private Lesson 4:00pm - 6:30pm	Arthritis 4:00-4:45pm	Pool Closes @ 4:00pm						
4:30 - 5:00pm	Arthritis & Private Lessons 5:00-5:45pm		Arthritis & Private Lessons 5:00-5:45pm		Arthritis 4:00-4:45pm							
5:00 - 5:30pm			Arthritis & Private Lessons 5:00-5:45pm		Arthritis 4:00-4:45pm							
5:30 - 6:00pm	Open Swim 6:00pm - 8:30pm	Open Swim 6:30pm - 8:30pm	Open Swim 6:00pm - 8:30pm	Open Swim 6:30pm - 8:30pm	Arthritis 4:00-4:45pm	Pool Closes @ 6:30pm						
6:00 - 6:30pm					Arthritis 4:00-4:45pm							
6:30 - 7:00pm					Arthritis 4:00-4:45pm							
7:00 - 7:30pm					Arthritis 4:00-4:45pm							
7:30 - 8:00pm					Arthritis 4:00-4:45pm							
8:00 - 8:30pm					Arthritis 4:00-4:45pm							

Pool closes: Monday-Thursday 8:30pm; Friday 6:30pm; 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.*

January Mini-Private Lessons: January 3 - January 24

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