



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Eastside Family YMCA

### Small/Family Pool Schedule

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

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