



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

Eastside Family YMCA

**Small/Family Pool Schedule
January 26 - February 28, 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 6:00-9:00am	Open Swim 6:00-8:00am	Open Swim 6:00-10:30am	Open Swim 6:00-8:00am	Open Swim 7:00-9:00am		
7:00 - 7:30am								
7:30 - 8:00am								
8:00 - 8:30am	Arthritis 8:00-8:45am		Arthritis 8:00-8:45am	Open Swim 6:00-10:30am	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 9:45-10:30am	Swim Lessons 9:00-11:00am	Water Walkers 9:45-11:00am		Water Walkers 9:45-11:00am	Swim Lessons 9:00am- 12:00pm	Open Swim 8:00am-1:30pm	
10:00 - 10:30am								
10:30 - 11:00am	Water Walkers 10:30-11:00am							
11:00 - 11:30am	Open Swim 11:00am- 5:00pm	Open Swim 11:00am- 4:00pm	Open Swim 11:00am- 4:00pm	Functional Fitness 10:30-11:15am	Open Swim 11:00am- 4:00pm			
11:30 - 12:00pm								
12:00 - 12:30pm								
12:30 - 1:00pm								
1:00 - 1:30pm								
1:30 - 2:00pm								
2:00 - 2:30pm								
2:30 - 3:00pm								
3:00 - 3:30pm								
3:30 - 4:00pm								
4:00 - 4:30pm		Swim Lesssons 4:00-6:30pm		Arthritis 4:00-4:45pm	Pool Closes @ 4:00pm			
4:30 - 5:00pm								
5:00 - 5:30pm								
5:30 - 6:00pm	Arthritis 5:00-5:45pm	Swim Lessons 4:00-7:00pm	Arthritis & Swim Lessons 5:00-5:45pm	Swim Lessons 4:00-7:00pm				
6:00 - 6:30pm			Swim Lessons		**Slide** 5:30-6:30pm			
6:30 - 7:00pm								
7:00 - 7:30pm	Open Swim 6:00-8:30pm	Open Swim 7:00-8:30pm	Open Swim 6:30-8:30pm	Open Swim 7:00-8:30pm	Pool Closes @ 6:45pm			
7:30 - 8:00pm								
8:00 - 8:30pm								

Pool closes: Monday-Thursday 8:30pm; Friday 6:45pm; 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 5:30-6:30pm

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.*

Winter Swim Lessons: January 26 - March 21

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

***Effective January 26**