



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Large/Lap 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 5:30am; Saturday 7:00am; Sunday 8:00am

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY | SUNDAY |
|-------------------|---------------------------------------|---|---------------------------------------|---|---------------------------------------|---------------------------|---------------------------------|-----------------------------|
| 5:30 - 6:30am | | | | | | | | |
| 6:30 - 7:30am | 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 | Open/Lap Swim 5:30-8:20am | | |
| 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 7:00-9:20am | |
| 9:30 - 10:30am | Power Deep Water Fitness 9:30-10:20am | 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 | 8:00 - 9:30am | | |
| 10:30 - 11:30am | | | | | | 9:30 - 10:30am | Instructors Choice 9:30-10:20am | |
| 11:30am - 12:30pm | | | Open/Lap Swim 10:30am 4:00pm | Open/Lap Swim 10:30am-4:30pm | Open/Lap Swim 10:30am-4:00pm | | | Open/Lap Swim 8:00am-1:30pm |
| 12:30am - 1:30pm | | | | | | | | |
| 1:30 - 2:30pm | Open/Lap Swim 10:30am-6:20pm | | | | | | | |
| 2:30 - 3:30pm | | | | | | | | |
| 3:30 - 4:30pm | | Swim Lesson 3 Lanes Open 4:00-6:30pm | | | | | | |
| 4:30 - 5:30pm | | | Swim Lessons 3 Lanes Open 4:30-6:30pm | Swim Lesson 2 Lanes Open 4:00-7:30pm | | | | |
| 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 or limited availability

Indicates pool is not available for lap swim

Please note that a 10-minute pool preparation period is required before and after each Water Fitness Class.

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 Swim Lessons: January 26 - March 21

Private swim lessons will receive priority access to the pools during regular operating hours

*Effective January 26