



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

<b>OPEN</b>	Indicates open swim (all lanes available)
<b>Y Swim Lessons</b>	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