



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

Eastside Family YMCA

Small/Family Pool Schedule July 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 9:00am

	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 6:00-9:00am	Open Swim 6:00-8:00am	Open Swim 7:00am- 12:00pm	Open Swim 9:00am- 2:30pm
7:00 - 7:30am							
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	Swim Lessons 9:00am- 12:00pm	Healthy Back 9:00-9:45am	Swim Lessons 9:00am- 12:00pm	Healthy Back 9:00-9:45am		
9:30 - 9:45am							
9:45 - 10:00am	Functional Fitness 9:45-10:30am		Water Walkers 9:45-11:00am		Water Walkers 9:45-11:00am		
10:00 - 10:30am							
10:30 - 11:00am	Water Walkers 10:30-11:00am						
11:00 - 11:30am	Open Swim 11:00am- 1:00pm		Open Swim 11:00am- 1:00pm		Open Swim 12:00- 4:00pm		
11:30 - 12:00pm							
12:00 - 12:30pm							
12:30 - 1:00pm	Summer Camp Swim Lessons 1:00-4:30pm	Open Swim 12:00- 2:30pm	Summer Camp Swim 1:00-3:30pm	Open Swim 11:00am- 4:00pm	*Birthday Party* 12:30-1:30pm		
1:00 - 1:30pm							
1:30 - 2:00pm							
2:00 - 2:30pm							
2:30 - 3:00pm		Kinder Camp Swim Lessons 2:45-4:00pm	Open Swim 3:30-5:00pm	Arthritis 4:00-4:45pm	Open Swim 12:00- 4:00pm		
3:00 - 3:30pm							
3:30 - 4:00pm							
4:00 - 4:30pm				Arthritis 4:00-4:45pm	Pool Closes @ 4:00pm		
4:30 - 5:00pm							
5:00 - 5:30pm	Arthritis 5:00-5:45pm	Swim Lessons 4:00-7:30pm	Arthritis 5:00-5:45pm	Swim Lessons 4:00-7:30pm	Open Swim 5:00-7:00pm		
5:30 - 6:00pm							
6:00 - 6:30pm	Open Swim 6:00-8:30pm	Open Swim 7:30-8:30pm	Open Swim 6:00-8:30pm	Open Swim 7:30-8:30pm	Pool Closes @ 7:00pm		
6:30 - 7:00pm							
7:00 - 7:30pm							
7:30 - 8:00pm							
8:00 - 8:30pm							

Pool Closes: Monday-Thursday 8:30pm; Friday 7:00pm; Saturday 4:00pm; Sunday 2:30pm

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

Family Open Swim Hours

Mon. & Wed. 11am-1pm; 6-8:30p
Tue. & Thur. 12:30-2:30p; 7:30-8:30p
Fri. 11a-4p; 5-7p; Sat. 7a-4p; Sun. 9a-2p

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.

Summer Camp & Group Swim Lessons: June 15 - August 6

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

*Effective July 1