



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Small/Family Pool Schedule

August 9 - August 22, 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 6:00am- 8:30pm	Open Swim 6:00-8:00am	Open Swim 6:00am- 8:30pm	Open Swim 6:00-8:00am	Open Swim 7:00am- 12:00pm		
7:00 - 7:30am								
7:30 - 8:00am								
8:00 - 8:30am	Arthritis 8:00-8:45am		Arthritis 8:00-8:45am					
8:30 - 9:00am	Arthritis 8:00-8:45am		Arthritis 8:00-8:45am					
9:00 - 9:30am	Healthy Back 9:00-9:45am		Healthy Back 9:00-9:45am					
9:30 - 9:45am	Healthy Back 9:00-9:45am		Healthy Back 9:00-9:45am					
9:45 - 10:00am	Functional Fitness 9:45-10:30am		Functional Fitness 9:45-10:30am					
10:00 - 10:30am	Functional Fitness 9:45-10:30am		Functional Fitness 9:45-10:30am					
10:30 - 11:00am	Water Walkers 10:30-11:00am		Water Walkers 9:45-11:00am					
11:00 - 11:30am	Open Swim 11:00am- 5:00pm	Open Swim 6:00am- 8:30pm	Open Swim 11:00am- 5:00pm	Open Swim 6:00am- 8:30pm	Open Swim 11:00am- 4:00pm	Open Swim 9:00am- 2:30pm	Open Swim 9:00am- 2:30pm	
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	Arthritis 4:00-4:45pm		Arthritis 4:00-4:45pm					
4:30 - 5:00pm	Arthritis 4:00-4:45pm		Arthritis 4:00-4:45pm					
5:00 - 5:30pm	Arthritis 5:00-5:45pm		Arthritis 5:00-5:45pm					
5:30 - 6:00pm	Arthritis 5:00-5:45pm		Arthritis 5:00-5:45pm					
6:00 - 6:30pm	Open Swim 6:00-8:30pm	Open Swim 6:00am- 8:30pm	Open Swim 6:00-8:30pm	Open Swim 6:00am- 8:30pm	Open Swim 5:00-7:00pm	Open Swim 12:00- 4:00pm	Pool Closes @ 2:30pm	
6:30 - 7:00pm								
7:00 - 7:30pm								
7:30 - 8:00pm								
8:00 - 8:30pm								
	Pool Closes @ 7:00pm							

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. 11a-5p; 6-8:30p
Tue. & Thur. 9a-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.

ALOHA SUMMER LUAU | FRIDAY, AUGUST 22; 6-7:30pm | Registration is required for all participants

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

Small pool repairs will be taking place in the near future!

We will notify members of the scheduled repair dates and pool closures as soon as more information is available.

*Effective August 9