



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

Eastside Family YMCA

Large/Lap Pool Schedule

August 23-30, 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 9:00am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30 - 6:30am	Lap Swim 5:30-8:20am	Lap Swim 5:30-8:50am	Lap Swim 5:30-8:20am	Lap Swim 5:30-8:50am	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	All Depth Water Fitness 9:00-10:15am	Shallow Water Fitness 8:30-9:20am	All Depth Water Fitness 9:00-10:15am	Water Boot Camp 8:30-9:20am	7:00 - 8:00am	Lap Swim 7:00-9:00am	
9:30 - 10:30am	Power Deep Water Fitness 9:30-10:20am		Power Deep Water Fitness 9:30-10:20am		Power Deep Water Fitness 9:30-10:20am	8:00 - 9:00am		
10:30 - 11:30am	Open/Lap Swim 10:30am-6:20pm	Open/Lap Swim 10:20am-8:30pm	Open/Lap Swim 10:30am-6:20pm	Open/Lap Swim 10:20am-8:30pm	Open/Lap Swim 10:30am-7:00pm	9:00 - 10:00am	Instructors Choice 9:00-9:50am	
11:30am - 12:30pm						10:00 - 11:00am	Open/Lap Swim 10:00am-4:00pm	
12:30am - 1:30pm						11:00am - 1:00pm		
1:30 - 2:30pm						1:00 - 2:00pm		
2:30 - 3:30pm						2:00 - 3:00pm		
3:30 - 4:30pm						3:00 - 4:00pm	Pool Closes @ 2:30pm	
4:30 - 5:30pm						Pool Closes @ 4:00pm		
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 @ 7:00pm					
7:30 - 8:30pm								

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

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
	During peak times, lane sharing is required. Please circle swim or split a lane.

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



Scan QR for pool rules and current schedules

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.

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

*Effective August 23