



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Large/Lap Pool Schedule September 21-27, 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	Arthritis 8:00-8:25am		Arthritis 8:00-8:25am						
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			Lap Swim 7:00-8:50am
9:30 - 10:30am	Power Deep Water Fitness 9:30-10:20am	All Depth Water Fitness 9:00-9:50am	Deep Water Fitness 9:30-10:20am	All Depth Water Fitness 9:00-9:50am	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 10:00am-8:30pm	Open/Lap Swim 10:30am-6:20pm	Functional Fit 10:00-10:45am	Open/Lap Swim 10:30am-7:00pm	9:00 - 10:00am	Instructors Choice 9:00-9:50am	Open/Lap Swim 9:00am-2:30pm	
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 - limited lane 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 deep-water swim test is required for all **youth 17 and under** who wish to use the large pool.
- ✦ If you have previously completed and passed the swim test, please pick up your wristband at the Front Desk.
- ✦ **Children 5 and under:** Must be within arm's reach of an adult (18+) in the water at all times
- ✦ **Children 6-8:** Must have an adult in the pool area
- ✦ Youth who have not passed the deep-water swim test:
 - *Must wear a life jacket
 - *Must remain within arm's reach of an adult (18+), with a 1 adult : 2 youth ratio
 - *Must remain in the shallow end of the large pool within the designated "OPEN SWIM" area

Thank you for helping us keep Open Swim safe, welcoming, and fun for everyone!