



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Small/Family Pool Schedule
September 28 - October 11, 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 6:00-10:00am	Open Swim 6:00-8:00am	Open Swim 7:00-12:00pm					
7:00 - 7:30am			Arthritis 8:00-8:45am		Arthritis 8:00-8:45am						
7:30 - 8:00am											
8:00 - 8:30am	Arthritis 8:00-8:45am		Open Swim 6:00-10:00am								
8:30 - 9:00am	Arthritis 8:00-8:45am		Healthy Back 9:00-9:45am		Healthy Back 9:00-9:45am		Healthy Back 9:00-9:45am				
9:00 - 9:30am											
9:30 - 9:45am	Healthy Back 9:00-9:45am		Water Walkers 9:45-11:00am	Functional Fitness 10:00-10:45am	Water Walkers 9:45-11:00am						
9:45 - 10:00am	Functional Fitness 9:45-10:30am										
10:00 - 10:30am	Water Walkers 10:30-11:00am										
10:30 - 11:00am			Open Swim 6:00am-8:30pm	Open Swim 11:00am-5:00pm	Open Swim 10:45am-8:30pm	Open Swim 11:00am-4:00pm	*Birthday Party* 12:30-1:30pm **Slide** 12:30-3:00pm	**Slide** 12:00-2:30pm			
11:00 - 11:30am											
11:30 - 12:00pm											
12:00 - 12:30pm											
12:30 - 1:00pm											
1:00 - 1:30pm											
1:30 - 2:00pm											
2:00 - 2:30pm	Open Swim 11:00am-5:00pm	Pool Closes @ 2:30pm									
2:30 - 3:00pm											
3:00 - 3:30pm	Pool Closes @ 4:00pm										
3:30 - 4:00pm											
4:00 - 4:30pm						Arthritis 4:00-4:45pm					
4:30 - 5:00pm											
5:00 - 5:30pm			Arthritis 5:00-5:45pm	Arthritis 5:00-5:45pm		**Slide** 5:30-6:30pm					
5:30 - 6:00pm			Open Swim 6:00-8:30pm						Open Swim 6:00-8:30pm		
6:00 - 6:30pm						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

Serpentine Slide
Friday 5:30-6:30pm
Saturday 12:30-3:00pm
Sunday 12:00-2:30pm
Subject to lifeguard availability

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.

*A swim test is required for use of the Serpentine Slide, or rider must be taller than 5 ft.
If you have previously completed and passed this test, you may pick up your wrist band from the front desk.*

Group Swim Lessons: October 12 - December 12

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

*Effective September 28