FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Small/Family Pool Schedule
October 26 - December 13, 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 8:00am

	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		
7:00 - 7:30am						Open Swim 7:00-12:00pm	
7:30 - 8:00am							
8:00 - 8:30am	Arthritis 8:00-8:45am		Arthritis 8:00-8:45am		Arthritis 8:00-8:45am		Open Swim 8:00am-1:30pm
8:30 - 9:00am							
9:00 - 9:30am	Healthy Back 9:00-9:45am	Swim Lessons 9:00-11:30am	Healthy Back 9:00-9:45am		Healthy Back 9:00-9:45am	Swim Lessons 9:00am-12:00pm	
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		Swim Lessons 10:00-11:00am		Functional Fitness 10:00-10:45am			
10:30 - 11:00am	Water Walkers 10:30-11:00am						
11:00 - 11:30am	Open Swim 11:00am-5:00pm		Open Swim 11:00am-4:00pm	Open Swim 10:45am-4:00pm	Open Swim 11:00am-4:00pm		
11:30 - 12:00pm		Open Swim 11:30am-4:00pm					
12:00 - 12:30pm							**Slide** 12:00-1:30pm
12:30 - 1:00pm						*Birthday Party* 12:30-1:30pm **Slide** 12:30-3:00pm	
1:00 - 1:30pm							
1:30 - 2:00pm							Pool Closes @ 1:30pm
2:00 - 2:30pm							
2:30 - 3:00pm							
3:00 - 3:30pm						Open Swim 12:00-4:00pm	
3:30 - 4:00pm							
4:00 - 4:30pm			Swim Lessons 4:00-6:30pm	Swim Lessons 4:00-7:00pm	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 & Swim Lessons 5:00-5:45pm				
5:30 - 6:00pm					**Slide** 5:30-6:30pm		
6:00 - 6:30pm	Open Swim 6:00-8:30pm						
6:30 - 7:00pm			Open Swim 6:35-8:30pm				
7:00 - 7:30pm				Open Swim 7:00-8:30pm	Pool Closes @ 7:00pm		
7:30 - 8:00pm		Open Swim 7:30-8:30pm					
8:00 - 8:30pm							

Pool Closes: Monday-Thursday 8:30pm; Friday 7:00pm; Saturday 4:00pm; Sunday 1:30pm

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 12:00-1:30pm
****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 October 26