FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Eastside Family YMCA

Large/Lap 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 5:30am; Saturday 7:00am; Sunday 8:00am

	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**		**Shallow Water Fitness 8:30-9:20am**		**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**	**All Depth Water Fitness 9:00-9:50am**	**Power Deep Water Fitness 9:30-10:20am**	**All Depth Water Fitness 9:00-9:50am**	**Power Deep Water Fitness 9:30-10:20am**	8:00 - 9:00am		Open/Lap Swim 8:00am-2:30pm
10:30 - 11:30am	Open/Lap Swim 10:30am-6:20pm	Open/Lap Swim 10:00am-4:30pm	Open/Lap Swim 10:30am-5:00pm	**Functional Fitness 10:00-10:45am**	Open/Lap Swim 10:30am-7:00pm	9:00 - 10:00am	**Instructors Choice 9:00-9:50am**	
11:30am - 12:30pm				Open/Lap Swim 10:50am-5:00pm		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		**Pool Closes @ 1:30pm**
3:30 - 4:30pm						3:00 - 4:00pm		
4:30 - 5:30pm		**Swim Lessons 4:30-7:30pm 3 Lanes Opens**	**Swim Lessons 5:00-6:00pm 4 Lanes Opens**	**Swim Lessons 5:00-7:10pm 2 Lanes Opens**			**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 1:30pm

OPEN	Indicates open swim (all lanes available)
Y Swim Lessons	Indicates classes or group - the number indicates lanes available or limited availablity
	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.

Group Swim Lessons: October 12 - December 12
Private swim lessons will receive priority access to the pools during regular operating hours

*Effective October 26