

# Summer 2010 Pool Schedule

## Eastside Family YMCA

\*Schedule is effective June 7, 2010. The Eastside Family YMCA reserves the right to change the schedule at any time.\*

We build strong kids, strong families, strong communities

Time	Monday (5:30am – 9:15pm)	Tuesday (5:30am – 9:15pm)	Wednesday (5:30am – 9:15pm)	Thursday (5:30am – 9:15pm)	Friday (5:30am – 7:45pm)
5:45 – 6:30	*Aerobics/AST(3)	FS/LS (3-4)	*Deep/AST(3)	FS/LS (3-4)	*Aerobics/AST(3)
6:30 – 8:15	FS/LS (3-4)	FS/LS (3-4)	FS/LS (3-4)	FS/LS (3-4)	FS/LS (3-4)
8:15 – 9:00	*Deep H2O/AST(3)	*Deep H2O/AST(3)	*Deep H2O/AST(3)	*Deep H2O/Adult Wave (2) / LS (1)	*Deep H2O/AST(3)
9:15 – 10:00	*Aerobics (9-10)/AST(2)	Kids and Comp/LS (3-4)	*Aerobics (9-10)/AST(2)	Aerobics/LS (2)	*Aerobics (9-10)/AST(2)
10:00 – 11:00	Sonshine/FS/LS (3-4)	Eastside Christian/FS/LS (3-4)	Sonshine/FS/LS (3-4)	Big Kids Club/FS/LS (3-4)	Sonshine /FS/LS/ Sunshine Camp Fun Swim
11:00 – 12:00	*Move & Flex/Stretch & Flex/AST(1 lane)	Big Kids Club/FS/LS (3-4)	*Move & Flex/Stretch & Flex/AST(1 lane)	Kids and Company /FS/LS (3-4)	*Move & Flex/Stretch & Flex/AST(1 lane)
12:00 – 1:00	12:15-1:00 Pre/Youth/Sunshine Camp FS/LS (1)	12:15-1:00 Pre/Youth/FS/LS (1)	12:15-1:00 Pre/Youth/Sunshine Camp FS/LS (1)	12:15-1:00 Pre/Youth/FS/LS (1)	*Senior Aerobics/AST(2)
1:00 – 2:00	LaPetite Fun Swim/FS/LS(2)	Eastside Christian/FS/LS (2)	Fountain Inn Day Care/FS/LS(3)	Gateway Fun Swim/FS/LS(3)	Judson/FS/LS (3-4)
2:00 – 2:45	*Senior Aerobics/AST (2)	*Senior Aerobics/AST(2)	*Senior Aerobics/AST(2)	*Senior Aerobics/AST(2)	La Petite/FS/LS (3-4)
3:00 – 4:00	Pre/Youth/FS/LS (1)	Pre/Youth/FS/LS (1)	Pre/Youth/FS/LS (1)	Pre/Youth/FS/LS (1) Spring Grove	FS/LS (3-4)
4:00 – 5:00	4-4:30 Pre/4-4:45 Youth/SP/FS/LS(1)	4-4:30 Pre/4-4:45 Youth/SP/FS/LS(1)	4-4:30 Pre/4-4:45 Youth/SP/FS/LS(1)	4-4:30 Pre/4-4:45 Youth/SP/FS/LS(1)	FS/LS (3-4)
5:00-6:00	5-5:30 Pre/5-5:45 Youth/ FS/LS (2)	5-5:30 Pre/5-5:45 Youth/ FS/LS (2)	5-5:30 Pre/5-5:45 Youth/ FS/LS (2)	5-5:30 Pre/5-5:45 Youth/ FS/LS (2)	FS/LS (3-4)
6:00 - 6:30	Pre/PC/FS/LS (2)	6-6:30 Pre/ 6-6:45 Youth/FS/LS(2)	Pre/PC/FS/LS (2)	6-6:30 Pre/ 6-6:45 Youth/FS/LS(2)	FS/LS (3-4)
6:30 – 7:30	*Aerobics/AST (2)	FS/LS(3-4)	FS/LS(3-4)	Aerobics/AST(2)	FS/LS (3-4)
7:30 – 9:15	Adult Lessons/ Adult Wave/ FS/LS (1)	FS/LS (3-4)	Adult Lessons/ FS/LS (3-4)	FS/LS (3-4)	FS/LS (3-4) Pool Closes @ 7:45pm

Time	Saturday (7:00am – 5:45pm)	Time	Sunday (1:30pm – 5:45pm)
7:00 – 9:00	FS/LS (3-4)	1:30 – 4:30	FS/LS (2-3) /Parties/Scuba
9:00-9:45	*Aerobics/AST(2)	4:30 - 5:45	FS/LS (2-3)/Scuba
10:00 – 11:00	Pre/PC/LS (3-4)		
11:15 – 12:00	Youth/LS (3-4)		
12:00 – 5:45	FS/LS (3-4)/ Parties/Scuba		

For more info,  
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[www.ymcagreenville.org](http://www.ymcagreenville.org)

- FS = Fun/Free Swim (Highlighted areas indicate Fun Swim Times)
- LS = Lap Swim
- AST=Adult Only Swim Time (ages 13 and up)\*\*\* No children on deck
- PC = Parent/Child Swim Lessons (Ages 6 months – 3 years)
- Pre = Preschool Swim Lessons (Ages 3-5; Pike, Eel, Ray, Starfish)
- Youth= Youth Lessons (Ages 6-14; Polliwog, Guppy, Minnow)
- Wave = Pre-SAIL program, Youth and Teen
- Adult Lessons = Adult Swim Lessons (Ages 14+)
- Parties: Saturdays 12-2, 1-3, 2-4,3-5 and Sundays 2-4, 3-5
- Children Under the age of 8: Please see our policy in the pool area.

**\*\*\*During any Water Aerobic Class there is NO Fun Swim. Lap lanes will be open for Lap Swimmers ONLY. If you are between the age of 13-18 a parent MUST be in the water with you. We appreciate your cooperation with this matter.**

**\*There will only be ONE lap lane open during swim lessons.**