




We build strong kids, strong families, strong communities.

***The Eastside Family YMCA reserves the right to change the schedule at any time. Schedule is effective as of **January 1, 2010**

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 (2 lns)	FS/LS	*Deep H2O/AST(3lns)	FS/LS	*Aerobics/AST (2 lns)
6:30 – 8:15	FS/LS	FS/LS	FS/LS	FS/LS	FS/LS
8:15 – 9:00	*Deep H2O/AST (2-3 lns)	*Deep H2O/AST (3 lns)	*Deep H2O/AST (2-3 lns)	*Deep H2O/AST (3 lns)	*Deep H2O/AST (2-3 lns)
9:00 – 10:00	*Aerobics/AST (2 lns)	FS/ LS (3-4)	*Aerobics/AST (2 lns)	*Aerobics/Adult Wave/ NO LS	*Aerobics/AST (2 lns)
10:00 – 11:00	*Move & Flex/AST/LS(2 lns)	FS/LS (2)	*Move & Flex/AST/LS (2 lns)	FS/LS(2)	Hidden Treasure/FS/LS
11:00 – 12:00	*Stretch & Flex /AST (2 lns)	FS/LS (2)	*Stretch & Flex /AST (2 lns)	FS/LS(2)	*Move & Stretch /AST (2 lns)
12:00 – 1:00	FS/LS	*Senior Aerobics/AST (2 lns)	FS/LS	FS/LS/Home School (12:30-1:30)	*Senior Aerobics /AST (2 lns)
1:00 – 2:00	FS/LS	FS/LS	FS/LS	FS/LS/Home School (12:30-1:30)	FS/LS
2:00 – 3:00	*Senior Aerobics /AST (2 lns)	FS/LS	*Senior Aerobics/AST (2 lns)	*Senior Aerobics/AST (2 lns)	FS/LS
3:15 – 4:00	ASCC/FS/LS	AS Lessons/FS/LS	ASCC/FS/LS	AS Lessons/FS/LS	ASCC/FS/LS
4:00 – 5:00	Pre (4:30-5:00)/Teen Wave (4:30-5:30) FS/LS (2)	Pre (4:15-4:45)/Youth Wave (4:30-5:30) FS/LS(1)	Youth (4:15-5:00)/Teen Wave (4:30-5:30) FS/LS (2)	Pre (4:15-4:45)/Youth Wave (4:30-5:30) Spring Grove/FS/LS(1)	FS/LS
5:00 – 6:30	Pre (5:10-5:40)/Youth Wave (5:30-6:30) Youth (5:45-6:30)/FS/LS(1)	Teen Wave (5:30-6:30-NO LS) / Combo (5:30-6:15) Pre (6-6:30)/FS	Pre (5:10-5:40)/Youth Wave (5:30-6:30) Youth (5:45-6:30)/FS/LS(1)	Teen Wave (5:30-6:30-NO LS) / Pre (6-6:30)/FS	
6:30 – 7:30	Aerobics (6:30-7:15)/LS(2lns)	FS/LS (3-4 lns)	FL/LS (3-4 lns) Eastside High Baseball (6:30-8:00)	Aerobics (6:30-7:15)/Synchro (6:30-7:30)/FS/LS(1)	
7:30 – 9:15	FS/Adult Wave (3lns) Adult (7:15-8:00)	FS/LS (3-4 lns)	FS/LS (3-4)/Adult (7:30-8:15)	FS/LS(3-4 lns)	
Time	Saturday (7:00am – 5:45pm)	Time	Sunday (1:30pm – 5:45pm)	EASTSIDE FAMILY YMCA Questions or Comments? Contact Kelli Seawell, Aquatic Director at 292-2790 ext 19, or kseawell@ymcagreenville.org	
7:00 – 9:00	FS/LS	1:30 – 5:45	FS/LS/Scuba/Parties		
9:00 - 9:45	*Aerobics/AST(2)				
10:00 – 11:00	Pre/FS/LS(2)				
11:15 – 12:00	Youth/FS/LS(2)				
12:00 – 5:45	FS/LS/Scuba/Parties				

ONLY ONE (1) LAP LANE IS GUARENTEED DURING SWIM LESSON TIMES. THERE WILL BE NO LAP SWIMMING TUESDAYS AND THURSDAYS FROM 5- 6:00 PM AND THURSDAYS 9-10:00 AM

- ★ FS = Fun/Open Swim
- ★ LS = Lap Swim (Number of laps available indicated in parenthesis)
- ★ AST=Adult Only Swim Time (ages 16 and up - no children allowed in pool or on deck during this time)***
- ★ PC = Parent/Child Swim Lessons (Ages 6 months – 3 years)
- ★ Pre = Preschool Swim Lessons (Ages 3-5; Pike, Eel, Ray)
- ★ Youth = Youth Swim Lessons (Ages 6-14; Polliwog, Guppy)
- ★ Youth and Teen Wave (Advanced Swimmers Ages 6-15)
- ★ Synchro = Synchronized Swimming Program (Ages 5+)
- ★ Adult = Adult Swim Lessons (Ages 14+)
- ★ Adult Wave = Adult Group Lap Swimming (Ages 18+)
- ★ ASCC / AS Lessons = YMCA After School Swim Time
- ★ Scuba = Bermuda Triangle Scuba Classes

Pool Parties: Saturdays 12-2:00pm; 1-3:00pm; 2-4:00pm; 3-5:00pm and Sundays 2-4:00pm; 3-5:00pm
Children Under the age of 8: Please see other side for detailed information

Pool Rules & Policies

Age Guidelines

Pool Use

Children **ages 4 and under** must have a parent (or responsible guardian over the age of 16) in the water and within arms reach at all times.

Children **ages 5 - 7** must pass either a deep or shallow end swim test to be in the water without a parent. If children are unable to pass the swim test, parents or guardians must be in the water and within arms reach at all times.

Children **ages 8 - 12** must pass a deep end swim test if they want to swim in the deep end. **Parents must be in the facility.**

Spa Use

Under age 13 - Cannot enter the spa area.

Ages 13 - 18 - Must be accompanied by a parent.

Over age 18 - No supervision required.

Pool Rules

1. **No solo swimming.**
2. **No running, boisterous or rough play.**
3. **Do not use the pool if you are under the influence of alcohol or drugs.**
4. **No spitting or nose-blowing in the pool.**
5. **Persons with diarrhea illness or nausea should not enter the pool.**
6. **Persons with open lesions or wounds should not enter the pool.**
7. **Persons with skin, eye, ear, or respiratory infections should not enter the pool.**
8. **No animals or pets allowed in the pool.**
9. **No glass allowed in the pool or on the deck.**
10. **You should take a shower before entering the pool.**

Please be respectful and obey the lifeguards and all posted rules and guidelines while using the facility

Lane 4 - Fast Lap Swim					
Lane 3 - Medium Lap Swim					
Lane 2 - Slow Lap Swim					
Lane 1 - Slow Lap Swim/Walk Lane					
Shallow					Deep

This is an example of the pool layout when there are no classes scheduled. In the event of Water Fitness classes, etc., Lanes 1 and 2 will be reserved for those classes. Lanes 3 and 4 will need to accommodate all levels of swimmers and/or water walkers.

Please remember we only have one pool - let's share!