



EASTSIDE FAMILY YMCA: AQUATIC SCHEDULE - 1/11/2021 to 2/7/2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section	
5:00-8:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Adult Water Exercise		Adult Water Exercise	
8:30-9:30 am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Adult Water Exercise		Water Fitness Class	
9:30-10:15 am	Lap Swim	Lap Swim	Lap Swim		Water Fitness Class		Adult Water Exercise	
10:15-11:00	Lap Swim	Lap Swim	Lap Swim		Water Fitness Class		Adult Water Exercise	
11:00 am-4:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open
4:30-5:30 pm	Swim Academy 4:30-6:30	Swim Academy 4:30-6:30	Lap Swim	Swim Lessons 4:30-5:45	Swim Lessons	Swim Lessons	Open	Open
5:30-6:30 pm			Lap Swim	Lap Swim			Swim Lessons & Swim Academy 5:15-7:00	
6:30-7:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open

Tuesday								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section	
5:00-8:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Adult Water Exercise		Adult Water Exercise	
8:30-9:30 am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Adult Water Exercise		Water Fitness Class	
9:30-10:30 am	Lap Swim	Lap Swim	Lap Swim		Water Fitness Class		Adult Water Exercise	
10:30-4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open
4:30-5:30	Swim Academy 4:30-6:45	Swim Academy 4:30-6:45	Lap Swim	Swim Lessons 4:30-5:15	Swim Lessons	Swim Lessons	Swim Lessons & Swim Academy 4:30-7:00	Open
5:30-6:30			Swim Academy 5:30-6:15	Lap Swim				
6:30-7:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open

Wednesday								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section	
5:00-8:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Adult Water Exercise		Adult Water Exercise	
8:30-9:30 am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Adult Water Exercise		Water Fitness Class	
9:30-10:30 am	Lap Swim	Lap Swim	Lap Swim		Water Fitness Class		Adult Water Exercise	
10:30 am-4:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open
4:30-5:30	Swim Academy 4:30-6:30	Swim Academy 4:30-6:30	Lap Swim	Lap Swim	Swim Academy 5:15-7:00	Swim Academy 5:15-7:00	Open	Open
5:30-6:30			Lap Swim	Lap Swim				
6:30-7:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Fitness Class 6:00-7:00			

Thursday								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section	
5:00-8:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Adult Water Exercise		Adult Water Exercise	
8:30-9:30 am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Adult Water Exercise		Water Fitness Class	
9:30-10:30 am	Lap Swim	Lap Swim	Lap Swim		Water Fitness Class		Adult Water Exercise	
10:30-4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open
4:30-5:30	Swim Academy 4:30-6:45	Swim Academy 4:30-6:45	Lap Swim	Lap Swim	Swim Lessons 5:15-6:45	Swim Lessons	Open	Swim Lessons & Swim Academy 5:15-7:00
5:30-6:30			Swim Academy 5:30-6:15	Lap Swim				
6:30-7:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open

Friday								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section	
5:00-8:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Adult Water Exercise		Adult Water Exercise	
8:30-9:30 am	Lap Swim	Lap Swim	Lap Swim	Water Fitness	Adult Water Exercise		Water Fitness Class	
9:30-10:15 am	Lap Swim	Lap Swim	Lap Swim		Water Fitness Class		Adult Water Exercise	
10:15-11:00	Lap Swim	Lap Swim	Lap Swim		Water Fitness Class			
11:00 am-7:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open	Open

Saturday								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section	
8:00-9:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Fitness Class		Water Fitness Class	
9:00-11:30 am	Swim Lessons 9:00-11:15	Lap Swim	Lap Swim	Lap Swim	Swim Lessons 9:00-11:45	Open	Swim Lessons	Open
11:30-12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Open	Open	Open
12:00-3:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open		Open	

NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME WITHOUT NOTICE TO BETTER FIT THE NEEDS OF ALL YMCA MEMBERS, GUESTS, AND USER GROUPS. WE APPRECIATE YOUR UNDERSTANDING AS WE TRY TO USE THE SPACE IN THE AQUATIC CENTER IN THE BEST WAY POSSIBLE TO BETTER SERVE EVERYONE.

Aquatics Facility Hours (Pool / Spa / Sauna)	
Monday-Friday 5:00am-7:30pm	Saturday 8:00am-3:30pm
ACTIVITY DESCRIPTIONS	
Lane 1-Closest to the windows	Lane 4 -Closest to the Office
Lap Swim	Lap swim will include any activity involving moving back and forth in a lane, including water walking. Open swim or playing is not included. Spaces are on a first come first served basis. Sharing of lanes is encouraged
Adult Water Exercise	Adults only. Please observe social distancing in these areas.
Water Fitness	Aqua Exercise classes are taught by knowledgeable instructors. For more information see the group exercise schedule.
Open Swim	During open swim individuals and family's of all ages are welcome with the appropriate adult supervision as outlined below.
Children 0-4 years old must have a parent or guardian in the pool with them in the water within arm's reach.	
Children 5-12 years old must have a parent or responsible adult present on the pool deck at all times. (Must take swim test)	
Children 5-14 must wear a Coast Guard approved Life vest (PFD), pass a swim test, or be within arms reach of parent or an adult	
YMCA Swim Programs	This time reserved for YMCA Swim Lessons and Swim Academy. For additional information on times and pricing ask at the front or see the YMCA of Greenville website