



# EASTSIDE FAMILY YMCA:

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AQUATIC SCHEDULE - August 1- August 23rd 2020

Monday/Wednesday							
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section
5:00-8:30 am	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	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-12:30 pm	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Open	Open	Open
12:30-3:30 pm	Lap Swim	Lap Swim	Camp	Camp	Camp	Open	Camp
3:30-5:30 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
5:30-7:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open
Tuesday/Thursday							
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section
5:00-8:30 am	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	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
10:30-11:30	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation		Water Fitness Class		Adult Water Exercise
11:30 am-12:30 pm	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Open	Open	Open
12:30-3:30 pm	Lap Swim	Lap Swim	Camp	Camp	Camp	Open	Camp
3:30-4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open
4:30-6:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6:00-7:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open
Friday							
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section
5:00-8:30 am	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	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
10:30-12:30	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Open	Open	Open
12:30 am-5:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open
5:30-7:30 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open	Open	Open
Saturday							
Time	Lane 1	Lane 2	Lane 3	Lane 4	Shallow Section		Deep Section
8:00-9:00am	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Lap Swim by Reservation	Water Fitness Class		Water Fitness Class
9:00 -10:30 am	Lap Swim by Reservation	Lap Swim by Reservation	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
10:30-12:00	Lap Swim by Reservation	Lap Swim by Reservation	Swim Lessons	Swim Lessons	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
<b>ACTIVITY DESCRIPTIONS</b>	
<b>Lane 1-Closest to the windows</b>	<b>Lane 4 -Closest to the Office</b>
<b>Lap Swim by Reservation</b>	Maximum of two swimmers per lane unless all members of the same family. Please reserve your lane via the YMCA of Greenville website. Lane space can be reserved 24 hours in advance. Kindly cancel your reservation if you are unable to come.
<b>Lap Swim</b>	Lap swim only in the lanes at this time, however no reservations are required. Spaces are on a first come first served basis.
<b>Adult Water Exercise</b>	Adults only. Please observe social distancing in these areas. We recommend no more than 3 people per section unless all members of the same family.
<b>Water Fitness</b>	Aqua Exercise classes are taught by knowledgeable instructors. For more information see the aqua exercise schedule.
<b>Open Swim</b>	During open swim individuals and family's of all ages are welcome with the appropriate adult supervision. Please be mindful of social distancing guidelines. Please observe a limit of 5 people per section of shallow and deep ends and limit your swim time to one hour.
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	
<b>YMCA Swim Programs</b>	This time reserved for YMCA Swim Lessons and Team. For additional information on times and pricing ask at the front or see the YMCA of Greenville website