



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EYAC POOL SCHEDULE Fall 2017 Effective August 28 (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:00 am	Adult Lap (6)	EHS Swim Team	Adult Lap (6)	EHS Swim Team	Adult Lap (6)	Closed
6:00 - 7:00 am	Adult Lap (6) Deep Water Fitness		Adult Lap (6) Deep Water Fitness		Adult Lap (6) Deep Water Fitness	
7:00 - 8:00 am	Adult Lap (5) Water Walk	Closed	Adult Lap (5) Water Walk	Closed	Adult Lap (5) Water Walk	Aqua Stand Up (7:30-8:15 am)
8:00 - 8:30 am	Adult Lap (1) Deep/Shallow Water Fitness		Adult Lap (1) Deep/Shallow Water Fitness		Adult Lap (1) Deep/Shallow Water Fitness	
8:30 - 9:00 am		Senior Center Rental		Senior Center Rental	Adult Lap (1) Deep/Shallow Water Fitness	Closed
9:00 - 9:30 am			Adult Lap (4) Water Walk		Adult Lap (4) Water Walk	
9:30 - 11:00 am	Adult Lap (4) Water Walk	Adult Lap (4) Water Walk	Adult Lap (4) Water Walk	Adult Lap (4) Water Walk	Adult Lap (4) Water Walk	Velocity Swimming 8:45-10:45 am
11:00 - 12:00 pm			Adult Lap (2) Aqua Stand Up (12:00-12:45 pm)		Adult Lap (2) Aqua Zumba (12:10-12:55 pm)	Adult Lap (4) Water Walk
12:00 - 1:00 pm						
1:00 - 2:30 pm	Closed	Closed	Closed	Closed	Closed	Youth/Family Open Swim
2:45 - 4:30 pm	EHS Swim Team	EHS Swim Team	EHS Swim Team	EHS Swim Team	EHS Swim Team	Birthday Party Rental 3:00-4:30 pm
4:30 - 5:00 pm						
5:00 - 6:15 pm	Adult Lap (2) Swim Lessons Private Lessons	Adult Lap (2) Swim Lessons Private Lessons	Adult Lap (2) Swim Lessons Private Lessons	Adult Lap (2) Swim Lessons Private Lessons	Velocity Swimming 5:00-7:00 pm	Closed
6:15 - 6:55 pm	Adult Lap (2) Open Swim Swim Lessons Private Lessons H2O Corps	Swim Lessons Private Lessons Aqua Zumba	Adult Lap (2) Open Swim Swim Lessons Private Lessons H2O Corps	Swim Lessons Private Lessons Aqua Stand Up (6:00-6:45)		
7:00 - 9:00 pm	Velocity Swimming	Velocity Swimming	Velocity Swimming	Velocity Swimming	Closed	

Eastmont YMCA Aquatic Center
980 NE 3rd Street
East Wenatchee
(509)884-3113

Based on the Y's commitment to safety, youth participation may be restricted based on age, skills and/or height. Youth age 13-16 may participate in adult programs if they are under the direct and constant supervision of an adult family member over the age of 21. Youth who satisfactorily complete the UPLIFT program may participate in an adult program without adult supervision. Please visit with a Y Aquatics Manager for more information.