

EASTON POOL SCHEDULE

OCTOBER

| Monday | | |
|------------------|--------------|-----------|
| Time | Program | Lanes |
| 6:30-9 AM | Lap Swim | L 3-6 |
| 6:30-9 AM | PWW | L 1-2 |
| 9-10:30 AM | Lap Swim | L 4-6 |
| 9-9:45 AM | Aqua Fit | L 1-3 |
| 9:45-10:30 AM | Aqua Toning | L 1-3 |
| 10:30 AM-4:30 PM | Open Swim | All Lanes |
| 4:30-7 PM | Swim Lessons | L 1-4 |
| 4:30-7 PM | Open Swim | L 5-6 |

| Wednesday | | |
|------------------|--------------|-----------|
| Time | Program | Lanes |
| 6:30-9 AM | Lap Swim | L 3-6 |
| 6:30-9 AM | PWW | L 1-2 |
| 9-10:30 AM | Lap Swim | L 4-6 |
| 9-9:45 AM | Aqua Fit | L 1-3 |
| 9:45-10:30 AM | Aqua Toning | L 1-3 |
| 10:30 AM-4:30 PM | Open Swim | All Lanes |
| 4:30-7 PM | Swim Lessons | L 1-4 |
| 4:30-7 PM | Open Swim | L 5-6 |

| Tuesday | | |
|------------------|--------------|-----------|
| Time | Program | Lanes |
| 6:30-9 AM | Lap Swim | L 3-6 |
| 6:30-9 AM | PWW | L 1-2 |
| 9-10:30 AM | Lap Swim | L 4-6 |
| 9-9:45 AM | Aqua Fit | L 1-3 |
| 9:45-10:30 AM | Aqua Toning | L 1-3 |
| 10:30 AM-4:30 PM | Open Swim | All Lanes |
| 4:30-6 PM | Swim Lessons | L 1-2; L6 |
| 4:30-7 PM | Open Swim | L 3-5 |
| 6-7 PM | Swim Lessons | L 6 |
| 6-7 PM | Aqua Fit | L 1-2 |

| Thursday | | |
|---------------|-------------|-----------|
| Time | Program | Lanes |
| 6:30-9 AM | Lap Swim | L 3-6 |
| 6:30-9 AM | PWW | L 1-2 |
| 9-10:30 AM | Lap Swim | L 4-6 |
| 9-9:45 AM | Aqua Fit | L 1-3 |
| 9:45-10:30 AM | Aqua Toning | L 1-3 |
| 10:30 AM-7 PM | Open Swim | All Lanes |

| Friday | | |
|---------------|--------------|-----------|
| Time | Program | Lanes |
| 6:30-9 AM | Lap Swim | L 3-6 |
| 6:30-9 AM | PWW | L 1-2 |
| 9-10:30 AM | Lap Swim | L 4-6 |
| 9-9:45 AM | Aqua Fit | L 1-3 |
| 9:45-10:30 AM | Aqua Toning | L 1-3 |
| 10:30 AM-4 PM | Open Swim | All Lanes |
| 4-7 PM | Lap Swim | L 3-5 |
| 4-7 PM | Swim Lessons | L 6 |
| 4-7 PM | Family Swim | L 1-2 |

| Saturday | | |
|------------|--------------|-----------|
| Time | Program | Lanes |
| 8 AM-1 PM | Open Swim | L 5-6 |
| 8-9 AM | Swim Lessons | L 1-4 |
| 9-10 AM | Swim Lessons | L 3-4 |
| 9-10 AM | Aqua Fit | L 1-2 |
| 10 AM-1 PM | Swim Lessons | L 3-4 |
| 1 PM-4 PM | Open Swim | All Lanes |

| Sunday | | |
|------------|-----------------|-----------|
| Time | Program | Lanes |
| 8-10 AM | Open Swim | All Lanes |
| 10-11 AM | PWW | L 1-2 |
| 10-11 AM | SUP Yoga | L 4-6 |
| 10 AM-2 PM | Private Lessons | L 3 |
| 11 AM-2 PM | Lap Swim | L 4-6 |
| 11 AM-2 PM | Family Swim | L 1-2 |

| Key | | |
|--|--|--|
| Lap Swim: Generally reserved for children 12+ using the lane productively | | |
| Personal Water Workout (PWW): Independent water walking, jogging, or aqua fitness | | |
| OPEN SWIM: Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities. | | |
| Family Swim: Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally. | | |

Children 12 and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our [Test, Mark, Protect Parent Guidelines](#).

IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim.