



Sault Ste. Marie YMCA

Pool Schedule 2022

September 11, 2022 - December 17, 2022

235 McNabb Street
 Sault Ste. Marie, ON P6B 1Y3
 T.705.949.3133
 info@ssmymca.ca
 www.ssmymca.ca

Main Pool

Programs and Schedules are subject to posted changes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soo Y Dolphins 6:00 - 7:30 am	Soo Y Dolphins 6:00 - 7:30 am	Soo Y Dolphins 6:00 - 7:30 am	Soo Y Dolphins 6:00 - 7:30 am	CLOSED 6:00 - 8:00 am	Soo Y Dolphins 7:15 - 9:30 am
ENDURANCE 7:45 - 9:00 am	ENDURANCE 7:45 - 9:00 am	ENDURANCE 7:30 - 9:00 am	ENDURANCE 7:45 - 9:00 am	ENDURANCE 8:00 - 9:00 am	Swimming Lessons 9:30am - 12:30 pm
Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	
OPEN SWIM (2 lanes) 10:15 am - 1:45 pm	OPEN SWIM (2 lanes) 10:15 am - 4:30 pm	OPEN SWIM (2 lanes) 10:00 am - 1:45 pm	OPEN SWIM (2 lanes) 10:15 am - 4:30 pm	OPEN SWIM (2 lanes) 10:00 am - 1:45 pm	OPEN SWIM (2 lanes) 12:45 - 6:30 pm
Forever Aqua 2:00- 2:45 pm		Silver HIIT h2o 2:00 - 2:45 pm		Forever Aqua 2:00- 2:45 pm	
OPEN SWIM 3:00 - 4:00 pm	Swimming Lessons 4:30 - 7:30 pm	OPEN SWIM 3:00 - 4:00 pm	Swimming Lessons 4:30 - 7:45 pm	OPEN SWIM (2 lanes) 3:00 - 4:15 pm	
Soo Y Dolphins 4:00 - 5:30 pm		Soo Y Dolphins 4:00 - 5:00pm		Soo Y Dolphins 4:30 - 6:30 pm	
ENDURANCE 5:45 - 7:15 pm		Swimming Lessons 5:30 - 7:30 pm		OPEN SWIM (1 lane) 6:45 - 8:30 pm	
Underwater Hockey 7:30 - 8:30 pm	OPEN SWIM (1 lane) 7:30 - 8:30 pm	OPEN SWIM (1 lane) 7:30 - 8:30 pm	OPEN SWIM (1 lane) 7:30 - 8:30 pm		



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Leisure Pool

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN SWIM 6:00 - 9:15am	OPEN SWIM 6:00 - 9:00am	OPEN SWIM 6:00 - 9:00am	OPEN SWIM 6:00 - 9:00am	CLOSED 6:00 - 8:00	OPEN SWIM 7:30 - 8:45am
				OPEN SWIM 8:00 - 9:00am	
CLOSED 9:15-10:00	CLOSED 9:15-10:00	CLOSED 9:15 - 10:00	CLOSED 9:15-10:00	CLOSED 9:15-10:00	Parent Assisted 9:00-9:30am
OPEN SWIM 10:15 - 11:00am	OPEN SWIM 10:15 - 11:00am	OPEN SWIM 10:15 - 11:00am	OPEN SWIM 10:15 - 11:00am	OPEN SWIM 10:15 - 11:00am	Swimming Lessons 9:30am-12:30pm
Aqua R.O.M. 11:15am- 12:00pm	Aqua R.O.M. 11:15am- 12:00pm	Aqua R.O.M. 11:15am- 12:00pm	Aqua R.O.M. 11:15am- 12:00pm	Aqua R.O.M. 11:15am- 12:00pm	
OPEN SWIM 12:15 - 8:30pm	OPEN SWIM 12:15 - 4:30pm	OPEN SWIM 12:15 - 4:30pm	OPEN SWIM 12:15 - 4:30pm	OPEN SWIM 12:15 - 8:30pm	OPEN SWIM 12:45 - 6:30pm
	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:45pm		
	OPEN SWIM 7:30 - 8:30pm	OPEN SWIM 7:30 - 8:30pm	OPEN SWIM 7:30 - 8:30pm		OPEN SWIM 7:45 - 8:30pm