

Main Pool Schedule

Effective: March 1, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00-11:45am Open Swim (2 lanes)</p> <p>12:00-4:30pm Open Swim</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-2:15pm Open Swim (2 lanes)</p> <p>2:30-3:15pm Forever Aqua</p> <p>3:15-4:00pm Open Swim</p> <p>4:00-5:30pm Soo Y Dolphins</p> <p>5:30-6:00pm Drop-In Swim Lessons *</p> <p>6:00-7:15pm Endurance</p> <p>7:30-8:30pm Underwater Hockey</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:45-4:15pm Open Swim (2 lanes)</p> <p>4:30-6:30pm Swim Lessons</p> <p>6:45-8:30pm Open Swim (1 lane)</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-1:45pm Open Swim (2 lanes)</p> <p>2:00-2:45pm Silver HIIT h2o</p> <p>3:00-4:00pm Open Swim</p> <p>4:00-5:00pm Soo Y Dolphins</p> <p>5:30-6:30pm Swim Lessons</p> <p>6:45-8:30pm Open Swim (1 lane)</p>	<p>6:00-7:30am Soo Y Dolphins</p> <p>7:45-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-4:15pm Open Swim (2 lanes)</p> <p>4:30-7:45pm Swim Lessons</p> <p>8:00-8:30pm Open Swim (1 lane)</p>	<p>6:00-8:00am Closed</p> <p>8:00-9:00am Endurance</p> <p>9:15-10:00am Aquafit</p> <p>10:15-1:45pm Open Swim (2 lanes)</p> <p>2:00-2:45pm Forever Aqua</p> <p>3:00-4:15pm Open Swim (2 lanes)</p> <p>4:30-6:30pm Soo Y Dolphins</p> <p>6:45-8:30pm Open Swim (1 lane)</p>	<p>7:15-9:30am Soo Y Dolphins</p> <p>9:30am-12:30pm Swimming Lessons</p> <p>12:45-6:30pm Open Swim (2 lanes)</p>

* Please see reverse side for information regarding Sunday Hours, Sensory Swim and Drop In Swim Lessons

Leisure Pool Schedule

Effective: March 1, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-4:30pm Open Swim	6:00-11:00am Open Swim 11:15am-12:00pm Aqua R.O.M 12:15-3:45pm Open Swim 4:00-5:30pm Drop-In Swim Lessons * 5:45-8:30pm Open Swim	6:00-9:45am Open Swim 10:00-10:30am Childcare 11:15am-12:00pm Aqua R.O.M 12:15-1:45pm Open Swim 2:00-2:30pm Reserved 2:45-4:15pm Open Swim 4:30-6:30pm Swim Lessons 6:45-8:30pm Open Swim	6:00-11:00am Open Swim 11:15am-12:00pm Aqua R.O.M 12:15-4:15pm Open Swim 4:30-6:30pm Swim Lessons 6:45-8:30pm Open Swim	6:00-11:00am Open Swim 11:15am-12:00pm Aqua R.O.M 12:15-1:45pm Open Swim 2:00-2:30pm Reserved 2:45-4:15pm Open Swim 4:30-7:30pm Swim Lessons 7:45-8:30pm Open Swim	6:00-8:00am Closed 8:00-11:00am Open Swim 11:15am-12:00pm Aqua R.O.M 12:15-8:30pm Open Swim	7:30-8:45am Open Swim 9:00-9:30am Parent Assisted 9:30am-12:30pm Swimming Lessons 12:45-6:30pm Open Swim

Sunday Hours: Starting Sunday, February 26th, our pools schedule will change to accommodate Registered Sensory Swim which will take place the last Sunday of every month.

Leisure Pool	Main Pool
9:00-11:45am Open Swim	9:00-11:45am Open Swim (2 Lanes)
12:00-4:00pm Registered Sensory Swim	12:00-4:00pm Registered Sensory Swim

*** Drop-In Swim Lessons:** This is just experience and getting children in the water. This is not towards their level of swimming test. Grouped by age group not swim level.

Drop In Swim Lessons start Monday, March 20th.

Ages 3-5	4:00-4:30pm	max 6 kids	Leisure Pool
Ages 6-8	4:45-5:15pm	max 8 kids	Leisure Pool
Ages 9-12	5:30-6:00pm	max 8 kids	Main Pool

Members: Free **Non-Member: \$5.00 including tax**

Members: Free **Non-Members: \$10 plus tax for the whole family**

Pre-registration is required for Sensory Swim. Visit www.ssmymca.ca/aquatics/swimming-lessons/ to sign up or stop by Membership Services.