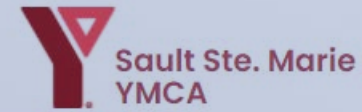


Main Pool Schedule

Effective: June 18, 2023 to July 3, 2023



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Closed (excluding the last Sunday of each month)

9:00-11:45am
Open Swim (2 lanes)
(last Sunday of each month only)

Please note both pools are reserved for Sensory Swim on the last Sunday of every month from 12:00pm to 4:00pm.

Please see reverse side for more information.

6:00am-9:00am
Endurance

9:15am-10:00am
Aqua Fit

10:15am-7:15pm
Open Swim (1 lane)

7:30pm-8:30pm
Underwater Hockey

7:30am-9:00am
Endurance

9:15am-10:00am
Aqua Fit

10:15am-8:30pm
Open Swim (1 lane)

6:00am-9:00am
Endurance

9:15am-10:00am
Aqua Fit

10:15am-8:30pm
Open Swim (1 lane)

7:30am-9:00am
Endurance

9:15am-10:00am
Aqua Fit

10:15am-8:30pm
Open Swim (1 lane)

8:00am-9:00am
Endurance

9:15am-10:00am
Aqua Fit

10:15am-8:30pm
Open Swim (1 lane)

9:15am-6:30pm
Open Swim (2 lanes)

Leisure Pool Schedule



Effective: June 18, 2023 to July 3, 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Closed (excluding the last Sunday of each month)

9:00-11:45am
Open Swim
(last Sunday of each month only)

Please note both pools are reserved for Sensory Swim on the last Sunday of every month from 12:00pm to 4:00pm.

Please see reverse side for more information

6:00am-11:00am
Open Swim

11:15am-12:00pm
Aqua ROM

12:15pm-8:30pm
Open Swim

7:30am-11:00am
Open Swim

11:15am-12:00pm
Aqua ROM

12:15pm-8:30pm
Open Swim

6:00am-11:00am
Open Swim

11:15am-12:00pm
Aqua ROM

12:15pm-8:30pm
Open Swim

7:30am-11:00am
Open Swim

11:15am-12:00pm
Aqua ROM

12:15pm-8:30pm
Open Swim

8:00am-11:00am
Open Swim

11:15am-12:00pm
Aqua ROM

12:15pm-8:30pm
Open Swim

9:15am-6:30pm
Open Swim

Sunday Hours: Our Aquatics Facility is closed on Sundays. The schedule will change to accommodate Registered Sensory Swim which will take place the last Sunday of every month.

Leisure Pool

9:00-11:45am
Open Swim

12:00-4:00pm Registered
Sensory Swim

Members: Free

Main Pool

9:00-11:45am
Open Swim (2 Lanes)

12:00-4:00pm Registered
Sensory Swim

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.