

# MAIN POOL SCHEDULE

Effective: January 7, 2024 to April 7, 2024

Updated 11/27/2023



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

*Note: The Pool will be closed on Sunday January 7th, 2024*

11:45am-12:45pm  
**Reserved**  
(YMCA Booked Events)

1:00pm-3:00pm  
**Family Swim**

6:00am-7:30am  
**Reserved**  
(Soo Y Dolphins)

7:35am-8:45am  
**Swim Fit**

9:15am-10:15am  
**Aquafit**

10:30am-1:00pm  
**Open Swim**  
(Lane Circuit)

1:15pm-2:15pm  
**Special**  
**Reservations**

4:00pm-5:30pm  
**Reserved**  
(Soo Y Dolphins)

5:30pm-7:15pm  
**Open Swim**  
(Lane Circuit)

7:30pm-8:30pm  
**Underwater Hockey**

9:15am-10:15am  
**Aquafit**

10:30am-1:00pm  
**Open Swim**  
(Lane Circuit)

4:30pm-7:00pm  
**Swim Lessons**

7:30pm-8:30pm  
**Open Swim**  
(Lane Circuit)

6:00am-7:30am  
**Reserved**  
(Soo Y Dolphins)

7:35am-8:45am  
**Swim Fit**

9:15am-10:15am  
**Aquafit**

10:30am-1:00pm  
**Open Swim**  
(Lane Circuit)

4:00pm-5:00pm  
**Reserved**  
(Soo Y Dolphins)

5:00pm-7:00pm  
**Swim Lessons**

7:30pm-8:30pm  
**Open Swim**  
(Lane Circuit)

9:15am-10:15am  
**Aquafit**

10:30am-1:00pm  
**Open Swim**  
(Lane Circuit)

4:30pm-7:00pm  
**Swim Lessons**

7:30pm-8:30pm  
**Endurance**

9:15am-10:15am  
**Aquafit**

10:30am-1:00pm  
**Open Swim**  
(Lane Circuit)

1:15pm-2:15pm  
**Special**  
**Reservations**

4:00pm-5:00pm  
**Reserved**  
(Soo Y Dolphins)

5:00pm-6:00pm  
**Lifesaving Club**

6:30pm-8:30pm  
**Family Swim**

8:00am-9:30am  
**Reserved**  
(Soo Y Dolphins)

9:35am-10:35am  
**Swim Fit**

10:45am-12:30pm  
**Swim Lessons**

1:00pm-3:00pm  
**Family Swim**

Unless otherwise noted, the Main Pool and Leisure Pool are CLOSED during any time periods not noted in this schedule.

# LEISURE POOL SCHEDULE

Effective: January 7, 2024 to April 7, 2024

Updated 11/27/2023



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

*Note: The Pool will be closed on Sunday January 7th, 2024*

11:45am-12:45pm  
**Reserved**  
(YMCA Booked Events)

1:00pm-3:00pm  
**Family Swim**

9:15am-10:00am  
**Adult Therapeutic**

10:00am-11:00am  
**Little Kiddles**

11:15am-12:00pm  
**Aqua ROM**

12:00pm-1:00pm  
**Adult Therapeutic**

1:15pm-2:15pm  
**Special Reservations**

5:30pm-8:30pm  
**Open Swim**

9:15am-10:00am  
**Adult Therapeutic**

10:00am-11:00am  
**YMCA Childcare**

11:15am-12:00pm  
**Aqua ROM**

12:00pm-1:00pm  
**Adult Therapeutic**

4:30pm-7:00pm  
**Swim Lessons**

7:30pm-8:30pm  
**Open Swim**

9:15am-10:00am  
**Adult Therapeutic**

10:00am-11:00am  
**Little Kiddles**

11:15am-12:00pm  
**Aqua ROM**

12:00pm-1:00pm  
**Adult Therapeutic**

4:30pm-7:00pm  
**Swim Lessons**

7:30pm-8:30pm  
**Open Swim**

9:15am-10:00am  
**Adult Therapeutic**

10:00am-11:00am  
**Little Kiddles**

11:15am-12:00pm  
**Aqua ROM**

12:00pm-1:00pm  
**Adult Therapeutic**

4:30pm-7:00pm  
**Swim Lessons**

7:30pm-8:30pm  
**Open Swim**

9:15am-10:00am  
**Adult Therapeutic**

10:00am-11:00am  
**Little Kiddles**

11:15am-12:00pm  
**Aqua ROM**

12:00pm-1:00pm  
**Adult Therapeutic**

1:15pm-2:15pm  
**Special Reservations**

6:30pm-8:30pm  
**Family Swim**

10:45am-12:30pm  
**Swim Lessons**

1:00pm-3:00pm  
**Family Swim**

Unless otherwise noted, the Main Pool and Leisure Pool are CLOSED during any time periods not noted in this schedule.