

# MAIN POOL SCHEDULE

Effective: April 21, 2024 to May 11, 2024

Updated 04/19/2024



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

***Aquatics will be closed on Sunday, April 28th, 2024 for NLS training***

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

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

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

10:30am-12:00pm  
**Activity Swim**  
(1 Lane)

12:00pm-1:00PM  
**Endurance Swim**

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

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

5:30pm-7:15PM  
**Endurance Swim**

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

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

10:30am-12:00pm  
**Activity Swim**  
(1 Lane)

12:00pm-1:00PM  
**Endurance Swim**

5:00pm-8:00pm  
**Activity Swim**  
(1 Lane)

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

10:30am-12:00pm  
**Activity Swim**  
(1 Lane)

12:00pm-1:00PM  
**Endurance Swim**

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

5:00pm-8:00pm  
**Family Swim**

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

10:30am-12:00pm  
**Activity Swim**  
(1 Lane)

12:00pm-1:00PM  
**Endurance Swim**

5:00apm-8:00pm  
**Activity Swim**  
(1 Lane)

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

10:30am-12:00pm  
**Activity Swim**  
(1 Lane)

12:00pm-1:00PM  
**Endurance Swim**

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

5:00pm-8:00pm  
**Family Swim**

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

11:00am-3:00pm  
**Family Swim**

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

**Activity Swim (1 Lane):** One Lane is available for laps; the rest of the pool is free for all activities

# LEISURE POOL SCHEDULE

Effective: April 21, 2024 to May 11, 2024

Updated 04/19/2024



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

***Aquatics will be closed on Sunday, April 28th, 2024 for NLS training***

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  
**Reserved**  
*YMCA Childcare*

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

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

5:00pm-8:00pm  
**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**

5:00pm-8:00pm  
**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**

5:00pm-8:00pm  
**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**

5:00pm-8:00pm  
**Family Swim**

11:00am-3:00pm  
**Family Swim**

**Activity Swim (1 Lane)**

Activity Swim (1 Lane): One Lane is available for laps; the rest of the pool is free for all activities.

**Endurance Swim**

All lane ropes will be in the main pool during this swim. We ask that swimmers stay 2 to a lane and conclude your swim after 30mins if there are others waiting for a spot.

**Little Kiddles**

This time slot is intended for caregivers bringing babies and toddlers to the pool. Small bath toys, lifejackets, and floating mats will be available. We ask that other swimmers stay clear at this time so that little ones can explore the pool in a non-threatening environment. *Please note that the leisure pool is kept at a higher chlorine level than the main pool and may be very irritating to youngsters eyes. Although breastfeeding is permitted in the pool, we recommend sitting on the edge to avoid infant ingestion of chlorine and other strong chemicals.*

**Adult Therapeutic**

Running adjacent to other activities in the main pool, this time in the leisure pool is intended for mature members who prefer to swim or do exercise in warm water. Toys and games are not permitted at this time.

**Underwater Hockey**

Just like it sounds, this is a hockey game played at the bottom of the pool with small sticks, snorkels and flippers. All members are welcome to come out and join the team, so long as they are comfortable in the deep end. Communal equipment is available at the guard office. Be prepared for a great workout and lots of fun!