

MAIN POOL SCHEDULE

Effective: May 12, 2024 to June 15, 2024

Updated 05/10/2024



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

SPECIAL DATES

Friday, May 31

4:30pm-6:00pm

Sensory Swim

Friday, June 28

4:30pm-6:00pm

Sensory 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: May 12, 2024 to June 15, 2024

Updated 05/10/2024



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

11:45am-12:45pm Reserved (YMCA Booked Events)	9:15am-10:00am Adult Therapeutic	9:15am-10:00am Adult Therapeutic	9:15am-10:00am Adult Therapeutic	9:15am-10:00am Adult Therapeutic	9:15am-10:00am Adult Therapeutic	11:00am-3:00pm Family Swim
	10:00am-11:00am Little Kiddles	10:00am-11:00am Reserved <i>YMCA Childcare</i>	10:00am-11:00am Little Kiddles	10:00am-11:00am Little Kiddles	10:00am-11:00am Little Kiddles	
1:00pm-3:00pm Family Swim	11:15am-12:00pm Aqua ROM	11:15am-12:00pm Aqua ROM	11:15am-12:00pm Aqua ROM	11:15am-12:00pm Aqua ROM	11:15am-12:00pm Aqua ROM	
	12:00pm-1:00pm Adult Therapeutic	12:00pm-1:00pm Adult Therapeutic	12:00pm-1:00pm Adult Therapeutic	12:00pm-1:00pm Adult Therapeutic	12:00pm-1:00pm Adult Therapeutic	
	1:15pm-2:15pm Special Reservations	5:00pm-8:00pm Open Swim	5:00pm-8:00pm Open Swim	5:00pm-8:00pm Open Swim	1:15pm-2:15pm Special Reservations	
	5:30pm-8:30pm Open Swim				5:00pm-8:00pm 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!