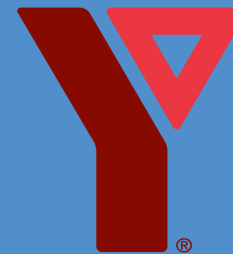


# MAIN POOL SCHEDULE

Effective: September 1, 2024 to September 28, 2024

Updated 08/22/2024



**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**  
(2 Lane)

12:15pm-1:15pm  
**Endurance Swim**

5:00pm-8:15pm  
**Activity Swim**  
(2 Lane)

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

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

10:30am-1:15pm  
**Activity Swim**  
(2 Lane)

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

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

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

12:15pm-1:15pm  
**Endurance Swim**

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

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

10:30am-1:15pm  
**Activity Swim**  
(2 Lane)

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

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

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

12:15pm-1:15pm  
**Endurance Swim**

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

**SPECIAL DATE**  
Friday, September 27  
5:00pm-8:00pm  
**Reserved**  
**Sensory Swim**

10:00am-11:00am  
**Endurance Swim**

11:15am-3:00pm  
**Family Swim**

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

**NOTE : Both the Main and Leisure Pools will be closed from September 8 to September 15 inclusive for annual maintenance**

# LEISURE POOL SCHEDULE

Effective: September 1, 2024 to September 28, 2024

Updated 08/22/2024



## 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  
**Adult Therapeutic**

10:15am-11:00am  
**Open Swim**

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

12:15pm-1:15pm  
**Open Swim**

5:00pm-8:30pm  
**Open Swim**

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

10:15am-11:00am  
**Open Swim**

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

12:15pm-1:15pm  
**Open Swim**

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

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

10:15am-11:00am  
**Open Swim**

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

12:15pm-1:15pm  
**Open Swim**

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

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

10:15am-11:00am  
**Open Swim**

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

12:15pm-1:15pm  
**Open Swim**

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

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

10:15am-11:00am  
**Open Swim**

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

12:15pm-1:15pm  
**Open Swim**

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

**NOTE : Both the Main and Leisure Pools will be closed from September 8 to September 15 inclusive for annual maintenance**

**SPECIAL DATE**  
Friday, September 27  
5:00pm-8:00pm  
Reserved  
**Sensory Swim**

### Activity Swim (2 Lane)

Activity Swim (2 Lane): Two Lanes are 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.

### 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!

### Sensory Swim

Sensory Swim is open to anyone who may benefit from a reduced sensory environment. Music will be turned off and sensory-friendly toys will be available. The swim will be on a drop-in basis, no registration is required. The swim is free to members; non-members will pay a \$6.50 "sensory swim fee" per individual. Individuals can bring as many support persons as they require.