

MAIN POOL SCHEDULE

Effective: September 29, 2024 to December 7, 2024

Updated 09/24/2024



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

11:45am-12:45pm
Reserved
YMCA Booked Events

1:00pm-3:00pm
Family Swim

6:00am-7:30am
Reserved
Soo Y Dolphins

7:45am-9:00am
Endurance Swim

9:15am-10:15am
Aquafit

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

12:15pm-1:00pm
Endurance Swim

4:00pm-5:00pm
Soo Y Dolphins /
Private Lessons

5:00pm-6:30pm
Swimming Lessons

6:30pm-7:15pm
Lane Swim (2 Lane) /
Swim Lesson - Adult

7:30pm-8:30pm
Underwater Hockey

9:15am-10:15am
Aquafit

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

12:15pm-1:00pm
Endurance Swim

5:00pm-6:30pm
Swimming Lessons

6:30pm-7:15pm
Lane Swim (2 Lane) /
Swim Lesson - Adult

7:30pm-8:00pm
Open Swim

6:00am-7:30am
Reserved
Soo Y Dolphins

7:45am-9:00am
Endurance Swim

9:15am-10:15am
Aquafit

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

12:15pm-1:00pm
Endurance Swim

4:00pm-5:00pm
Soo Y Dolphins /
Private Lessons

5:15pm-8:00pm
Family Swim

9:15am-10:15am
Aquafit

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

12:15pm-1:00pm
Endurance Swim

5:00pm-6:30pm
Swimming Lessons

6:30pm-7:15pm
Lane Swim (2 Lane) /
Swim Lesson - Adult

7:30pm-8:00pm
Open Swim

9:15am-10:15am
Aquafit

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

12:15pm-1:00pm
Endurance Swim

4:30pm-6:30pm
Reserved
Soo Y Dolphins /
Private Lessons

6:45pm-8:00pm
Family Swim

SPECIAL DATES

Sensory Swim
Friday, October 25
6:45pm-8:00pm
Friday, November 29
6:45pm-8:00pm
Friday, December 27
6:45pm-8:00pm

8:00am-9:30am
Reserved
Soo Y Dolphins

10:00am-11:30am
Swimming Lessons

12:00pm-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: September 29, 2024 to December 7, 2024

Updated 09/24/2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:45am-12:45pm Reserved YMCA Booked Events</p> <p>1:00pm-3:00pm Family Swim</p>	<p>7:45am-9:00am Open Swim</p> <p>9:15am-10:15am Adult Therapeutic</p> <p>10:15am-11:00am Open Swim</p> <p>11:15am-12:00pm Aqua ROM</p> <p>12:00pm-1:15pm Open Swim</p> <p>5:00pm-6:30pm Swimming Lessons</p> <p>6:45pm-8:00pm Family Swim</p>	<p>9:15am-10:00am Adult Therapeutic</p> <p>10:00am-10:45am Reserved Child Care</p> <p>11:15am-12:00pm Aqua ROM</p> <p>12:00pm-1:15pm Open Swim</p> <p>5:00pm-6:30pm Swimming Lessons</p> <p>6:45pm-8:00pm Family Swim</p>	<p>7:45am-9:00am Open Swim</p> <p>9:15am-10:15am Adult Therapeutic</p> <p>10:15am-11:00am Open Swim</p> <p>11:15am-12:00pm Aqua ROM</p> <p>12:00pm-1:15pm Open Swim</p> <p>6:15pm-8:00pm Family Swim</p>	<p>9:15am-10:15am Adult Therapeutic</p> <p>10:15am-11:00am Open Swim</p> <p>11:15am-12:00pm Aqua ROM</p> <p>12:00pm-1:15pm Open Swim</p> <p>5:00pm-6:30pm Swimming Lessons</p> <p>6:45pm-8:00pm Family Swim</p>	<p>9:15am-10:15am Adult Therapeutic</p> <p>10:15am-11:00am Open Swim</p> <p>11:15am-12:00pm Aqua ROM</p> <p>12:00pm-1:15pm Open Swim</p> <p>5:00pm-6:30pm Open Swim</p> <p>6:45pm-8:00pm Family Swim</p>	<p>10:00am-11:30am Swimming Lessons</p> <p>12:00am-3:30pm Family Swim</p> <p>SPECIAL DATES Sensory Swim Friday, October 25 6:45pm-8:00pm Friday, November 29 6:45pm-8:00pm Friday, December 27 6:45pm-8:00pm</p>

Lane / 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.