

MAIN POOL SCHEDULE



Sault Ste. Marie

Shine On

Effective: December 8 to December 14, 2024

Updated 12/02/2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:45am-12:45pm Reserved (YMCA Booked Events)	6:00am-7:30am Reserved (Soo Y Dolphins)	9:15am-10:15am Aquafit	6:00am-7:30am Reserved (Soo Y Dolphins)	9:15am-10:15am Aquafit	9:15am-10:15am Aquafit	10:00am-11:30am Open Swim
1:00pm-3:00pm Family Swim	7:45am-9:00am Endurance Swim	10:30am-12:00pm Activity Swim (2 Lane)	7:45am-9:00am Endurance Swim	10:30am-12:00pm Activity Swim (2 Lane)	10:30am-12:00pm Activity Swim (2 Lane)	11:30am-12:30pm Private Lessons Lane Swim (2 Lanes)
	9:15am-10:15am Aquafit	12:15pm-1:15pm Endurance Swim	9:15am-10:15am Aquafit	12:15pm-1:15pm Endurance Swim	12:15pm-1:15pm Endurance Swim	12:30pm-3:00pm Family Swim
	10:30am-12:00pm Activity Swim (2 Lane)	4:30pm-6:30pm Swimming Lessons	10:30am-12:00pm Activity Swim (2 Lane)	4:00pm-5:00pm Private Lessons	5:00pm-8:00pm Family Swim	
	12:15pm-1:15pm Endurance Swim	6:30pm-7:15pm Adult Lessons / Lane Swim (2 Lane)	12:15pm-1:15pm Endurance Swim	5:00pm-6:30pm Swimming Lessons		
	4:00pm-5:00pm Reserved (Soo Y Dolphins)	7:30pm-8:00pm Family Swim	4:00pm-5:00pm Reserved (Soo Y Dolphins)	6:30pm-7:15pm Adult Lessons / Lane Swim (2 Lane)		
	5:00pm-6:30pm Swimming Lessons		5:00pm-6:30pm Swimming Lessons	7:30pm-8:00pm Family Swim		
	6:30pm-7:15pm Adult Lessons / Lane Swim (2 Lane)		6:30pm-8:00pm Family Swim			
	7:30pm-8:30pm Underwater Hockey					

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

LEISURE POOL SCHEDULE



Effective: December 8 to December 14, 2024

Updated 12/02/2024

Shine On

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:45am-12:45pm Reserved (YMCA Booked Events)	7:45am-9:00am Open Swim	9:15am-10:15am Adult Therapeutic	7:45am-9:00am Open Swim	9:15am-10:15am Adult Therapeutic	9:15am-10:15am Adult Therapeutic	10:00am-11:30am Open Swim
1:00pm-3:00pm Family Swim	9:15am-10:15am Adult Therapeutic	10:00am-10:45pm Reserved (YMCA Childcare)	9:15am-10:15am Adult Therapeutic	10:15am-11:00am Open Swim	10:15am-11:00am Open Swim	11:30am-12:30pm Private Lessons
	10:15am-11:00am Open Swim	11:15am-12:00pm Aqua ROM	10:15am-11:00am Open Swim	11:15am-12:00pm Aqua ROM	11:15am-12:00pm Aqua ROM	12:30pm-3:00pm Family Swim
	11:15am-12:00pm Aqua ROM	12:00pm-1:15pm Open Swim	11:15am-12:00pm Aqua ROM	12:00pm-1:15pm Open Swim	12:00pm-1:15pm Open Swim	
	12:00pm-1:15pm Open Swim	5:00pm-6:30pm Swimming Lessons	12:00pm-1:15pm Open Swim	5:00pm-6:30pm Swimming Lessons	5:00pm-6:30pm Open Swim	
	4:00pm-6:30pm Swimming Lessons	6:45pm-8:00pm Family Swim	5:00pm-6:30pm Swimming Lessons	6:45pm-8:00pm Family Swim	6:45pm-8:00pm Family Swim	
	6:45pm-8:00pm Family Swim		6:45pm-8:00pm Family 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.