

# MAIN POOL SCHEDULE



Effective: January 5, 2025

Updated 12/02/2024

Shine On

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

9:30am-11:30am  
**Private Lessons / Lane Swim (2 Lane)**  
*(beginning January 12, 2025)*

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-1:15pm  
**Endurance Swim**

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

5:00pm-6:30pm  
**Swimming Lessons**

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

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

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

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

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

4:00pm-5:00pm  
**Private Lessons**

5:00pm-6:30pm  
**Swimming Lessons**

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

7:30pm-8:30pm  
**Tidal Vibes**

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-1:15pm  
**Endurance Swim**

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

5:30pm-6:15pm  
**AquaFit**

6:15pm-8:00pm  
**Family Swim**

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

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

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

4:00pm-5:00pm  
**Private Lessons**

5:00pm-6:30pm  
**Swimming Lessons**

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

7:30pm-8:30pm  
**Tidal Vibes**

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

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

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

4:30pm-6:30pm  
**Reserved**  
(Soo Y Dolphins)

6:30pm-8:00pm  
**Family Swim**

8:00am-10:00am  
**Reserved**  
(Soo Y Dolphins)

10:30am-12:00pm  
**Swimming Lessons**

12:15pm-3:00pm  
**Family Swim**

**Sensory Swim**  
2:00pm-3:00pm on  
the last Saturday of  
each month

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

# LEISURE POOL SCHEDULE



Effective: January 5, 2025

Updated 12/02/2024

Shine On

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

9:30am-11:30am  
**Private Lessons**  
*(beginning January 12, 2025)*

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

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

7:45am-9:00am  
**Open Swim**

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

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

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

12:00pm-1:15pm  
**Open Swim**

5:00pm-6:30pm  
**Swimming Lessons**

6:45pm-8:00pm  
**Family Swim**

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

10:00am-10:45pm  
**Reserved**  
(YMCA Childcare)

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

12:00pm-1:15pm  
**Open Swim**

5:00pm-6:30pm  
**Swimming Lessons**

6:45pm-8:00pm  
**Family Swim**

7:45am-9:00am  
**Open Swim**

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

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

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

12:00pm-1:15pm  
**Open Swim**

6:15pm-8:00pm  
**Family Swim**

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

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

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

12:00pm-1:15pm  
**Open Swim**

5:00pm-6:30pm  
**Swimming Lessons**

6:45pm-8:00pm  
**Family Swim**

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

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

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

12:00pm-1:15pm  
**Open Swim**

5:00pm-6:30pm  
**Open Swim**

6:45pm-8:00pm  
**Family Swim**

10:30am-12:00pm  
**Swimming Lessons**

12:15pm-3:00pm  
**Family Swim**

**Sensory Swim**  
2:00pm-3:00pm on  
the last Saturday of  
each month

### 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.

### Tidal Vibes

Aquatic activities geared towards young adults ages, ages 13 to 24.

### 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.