

# MAIN POOL SCHEDULE



Effective: December 29, 2024 to January 4, 2025

Updated 12/02/2024

Shine On

**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-7:15pm  
**Open Swim**

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**

**CLOSED**  
**NEW YEAR'S DAY**

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

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

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

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

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

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

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

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

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

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

10:00am-11:30am  
**Open Swim**

11:30pm-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



Shine On

Effective: December 29, 2024 to January 4, 2025

Updated 12/02/2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:45am-12:45pm <b>Reserved</b> (YMCA Booked Events)  1:00pm-3:00pm <b>Family Swim</b>	7:45am-9:00am <b>Open Swim</b>  9:15am-10:15am <b>Adult Therapeutic</b>  10:15am-1:15pm <b>Open Swim</b>  5:00pm-6:30pm <b>Open Swim</b>  6:45pm-8:00pm <b>Family Swim</b>	9:15am-10:15am <b>Adult Therapeutic</b>  10:00am-10:45pm <b>Reserved</b> (YMCA Childcare)  12:00pm-1:30pm <b>Open Swim</b>	<b>CLOSED</b> <b>NEW YEAR'S DAY</b>	9:15am-10:15am <b>Adult Therapeutic</b>  10:15am-11:00am <b>Open Swim</b>  12:00pm-1:15pm <b>Open Swim</b>  5:00pm-6:30pm <b>Open Swim</b>  6:45pm-8:00pm <b>Family Swim</b>	9:15am-10:15am <b>Adult Therapeutic</b>  10:15am-11:00am <b>Open Swim</b>  12:00pm-1:15pm <b>Open Swim</b>  5:00pm-6:30pm <b>Open Swim</b>  6:45pm-8:00pm <b>Family Swim</b>	10:00am-11:30am <b>Open Swim</b>  12:30pm-3:00pm <b>Family Swim</b>

**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.