

MAIN POOL SCHEDULE

Effective: March 30, 2025

Updated 03/26/2025 - Schedules are subject to change



Sault Ste. Marie

Shine On

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:30am-11:30am
**Private Lessons /
Lane Swim (2 Lane)**

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

9:00am-10:00am
AquaFit

11:00am-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: March 30, 2025

Updated 03/26/2025 - Schedules are subject to change



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am-11:30am Private Lessons	7:45am-9:00am Open Swim	9:00am-10:00am Adult Therapeutic	7:45am-9:00am Open Swim	9:15am-10:15am Adult Therapeutic	9:15am-10:15am Adult Therapeutic	10:30am-12:00pm Swimming Lessons
11:45am-12:45pm Reserved (YMCA Booked Events)	9:15am-10:15am Adult Therapeutic	10:15am-10:45pm Reserved (YMCA Childcare)	9:15am-10:15am Adult Therapeutic	10:15am-11:00am Open Swim	10:15am-11:00am Open Swim	12:15pm-3:00pm Family Swim
1:00pm-3:00pm Family Swim	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	Sensory Swim 2:00pm-3:00pm on the last Saturday of each month
	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	
	5:00pm-6:30pm Swimming Lessons	6:45pm-8:00pm Family Swim	6:15pm-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.

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.