# MAIN POOL SCHEDULE

Effective: March 30, 2025

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

**Underwater Hockey** 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
9:30am-11:30am Private Lessons /	6:00am-7:30am	9:00am-10:00am Aquafit	6:00am-7:30am	9:15am-10:15am <b>Aquafit</b>	9:15am-10:15am <b>Aquafit</b>	8:00am-10:00am Reserved			
Lane Swim (2 Lane)	(Soo Y Dolphins)		(Soo Y Dolphins)		· ·	(Soo Y Dolphins)			
Lane Ownii (2 Lane)		11:00am-12:00pm		10:30am-12:00pm	10:30am-12:00pm				
11:45am-12:45pm	7:45am-9:00am	Activity Swim	7:45am-9:00am	Activity Swim	Activity Swim	10:30am-12:00pm			
Reserved	Endurance Swim	(2 Lane)	Endurance Swim	(2 Lane)	(2 Lane)	Swimming Lessons			
(YMCA Booked	0.45 40.45			10.15	10.15	40.45 0.00			
Events)	9:15am-10:15am	12:15pm-1:15pm	9:15am-10:15am	12:15pm-1:15pm	12:15pm-1:15pm Endurance Swim	12:15pm-3:00pm Family Swim			
1:00pm-3:00pm	Aquafit	Endurance Swim	Aquafit	Endurance Swim	Endurance Swim	Failing Swilli			
Family Swim	10:30am-12:00pm	4:00pm-5:00pm	10:30am-12:00pm	4:00pm-5:00pm	4:30pm-6:30pm	Sensory Swim			
,,	Activity Swim	Private Lessons	Activity Swim	Private Lessons	Reserved	2:00pm-3:00pm on			
	(2 Lane)		(2 Lane)		(Soo Y Dolphins)	the last Saturday of			
		5:00pm-6:30pm	` ′	5:00pm-6:30pm		each month			
	12:15pm-1:15pm	Swimming Lessons	12:15pm-1:15pm	Swimming Lessons	6:30pm-8:00pm				
	Endurance Swim		Endurance Swim		Family Swim				
	4.00	6:30pm-7:15pm		6:30pm-7:15pm					
	4:00pm-5:00pm Reserved	Adult Lessons /	4:00pm-5:00pm	Adult Lessons /					
	(Soo Y Dolphins)	Lane Swim (2 Lane)	Reserved (Soo Y Dolphins)	Lane Swim (2 Lane)					
	(COO'T BOIDHING)	7:30pm-8:30pm	(300 f Doiphilis)	7:30pm-8:30pm					
	5:00pm-6:30pm	Tidal Vibes	5:30pm-6:15pm	Tidal Vibes					
	Swimming Lessons		AquaFit						
	6:30pm-7:15pm		6:15pm-8:00pm						
	Adult Lessons /		Family Swim						
	Lane Swim (2 Lane)								
	Unless otherwise noted, the Main Pool and Leisure Pool are CLOSED								
	7:30pm-8:30pm Underwater Hockey		during any	time periods not noted	in this schedule.				

## LEISURE POOL SCHEDULE

Effective: March 30, 2025

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