MAIN POOL SCHEDULE - FALL

Sault Ste. Marie

Shine On

Effective: October 4, 2026

Updated 09/18/2026 - Schedules are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am-11:00am **Private Lessons** ½ Pool	6:00am-7:30am **Reserved** (Soo Y Dolphins)	6:00am-7:30am **Reserved** (Soo Y Dolphins)	6:00am-7:30am **Reserved** (Soo Y Dolphins)	6:00am-7:30am **Reserved** (Soo Y Dolphins)	7:45am-9:00am **Endurance Swim**	8:00am-10:00am **Reserved** (Sault Y Dolphins)
9:30am-11:30am **Open Swim** ½ Pool	7:45am-9:00am **Endurance Swim**	7:45am-8:45am **Endurance Swim**	7:45am-9:00am **Endurance Swim**	7:45am-9:00am **Endurance Swim**	9:15am-10:15am **Aqua Fit**	10:15am-12:00pm **Swim Lessons**
11:45am-1:00pm **Reserved** (YMCA Booked Events)	9:15am-10:15am **Aqua Fit**	9:00am-10:00am **Aqua Fit**	9:15am-10:15am **Aqua Fit**	9:15am-10:15am **Aqua Fit**	10:30am-1:15pm **Endurance Swim**	12:15pm-1:15pm **Endurance Swim**
1:15pm-6:15pm **Family Swim**	10:30am-1:15pm **Endurance Swim**	10:15am-1:15pm **Endurance Swim**	10:30am-11:30am **Open Swim** **(1 Lane)**	10:30am-11:30am **Open Swim** **(1 Lane)**	4:30pm-6:15pm **Reserved** (Soo Y Dolphins)	1:30pm-2:45pm **Family Swim**
	4:00pm-5:00pm **Reserved** (Soo Y Dolphins)	4:00pm-5:00pm **Private Lessons**	11:30am-1:15pm **Endurance Swim**	11:30am-1:15pm **Endurance Swim**	6:30pm-9:15pm **Family Fun Swim** (All ages)	3:00pm-4:00pm **Reserved** **Sensory Swim** Advance online registration required. **1st and 3rd Saturday**
	5:00pm-7:15pm **Swim Lessons**	5:00pm-6:45pm **Swim Lessons**	4:00pm-5:15pm **Reserved** (Soo Y Dolphins)	4:00pm-5:00pm **Private Lessons**		*4:15pm-6:15pm* ***Open Swim*** ***1st and 3rd Saturday***
	7:30pm-9:15pm **Underwater Hockey**	7:00pm-9:15pm **Activity Swim** **(1 Lane)**	5:30pm-6:15pm **Aqua Fit**	5:00pm-7:15pm **Swim Lessons**		3:00pm-6:15pm **Open Swim** **2nd and 4th Saturday**
		7:00pm-9:15pm **Open Swim** **(3 Lane)**	6:30pm-9:15pm **Activity Swim** **(2 Lane)**	7:30pm-9:15pm **Activity Swim** **(2 Lane)**		
			6:30pm-9:15pm **Open Swim** **(2 Lane)**	7:30pm-9:15pm **Open Swim** **(2 Lane)**		

Unless otherwise noted, the Main Pool and Leisure Pool are CLOSED during any time periods not noted in this schedule.
As per our YMCA Child Protection Policies, the pools are not available for general use use when reserved or during lessons.

LEISURE POOL SCHEDULE - FALL

Sault Ste. Marie

Shine On

Effective: October 4, 2026

Updated 09/18/2026 - Schedules are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am-11:00am **Private Lessons** ½ Pool 9:30am-11:30am **Open Swim** ½ Pool 11:45am-1:00pm **Reserved** (YMCA Booked Events) 1:15pm-6:15pm **Family Swim**	7:45am-9:00am **Open Swim** 9:15am-11:00am **Adult Therapeutic** 11:15am-12:00pm **Aqua ROM** 12:00pm-1:15pm **Adult Therapeutic** 4:00pm-4:45pm **Family Swim** 5:00pm-7:15pm **Swim Lessons** 7:30pm-9:15pm **Open Swim**	7:45am-11:00am **Adult Therapeutic** 11:15am-12:00pm **Aqua ROM** 12:00pm-1:15pm **Adult Therapeutic** 4:00pm-5:00pm **Private Lessons** ½ Pool 4:00pm-4:45pm **Open Swim** ½ Pool 5:00pm-6:45pm **Swim Lessons** **7**:00pm-9:15pm **Open Swim**	7:45am-9:00am **Open Swim** 9:15am-11:00am **Adult Therapeutic** 11:15am-12:00pm **Aqua ROM** 12:00pm-1:15pm **Adult Therapeutic** 4:00pm-5:00pm **Family Swim** 6:30pm-9:15pm **Family Swim**	7:45am-11:00am **Adult Therapeutic** 11:15am-12:00pm **Aqua ROM** 12:00pm-1:15pm **Adult Therapeutic** 4:00pm-5:00pm **Private Lessons** ½ Pool 4:00pm-4:45pm **Open Swim** ½ Pool 5:00pm-7:15pm **Swim Lessons** 7:30pm-9:15pm **Family Swim**	7:45am-9:00am **Open Swim** 9:00am-10:00am **Adult Therapeutic** 10:15am-11:15am **Stay & Play** 11:15am-12:00pm **Aqua ROM** 12:00pm-1:15pm **Adult Therapeutic** 4:00pm-6:15pm **Open Swim** 6:30pm-9:15pm **Family Fun Swim** (All ages)	10:15am-12:00pm **Swim Lessons** 12:15pm-2:45pm **Family Swim** 3:00pm-4:00pm **Reserved** **Sensory Swim** Advance online registration required. **1st and 3rd Saturday** *4:15pm-6:15pm* ***Open Swim*** ***1st and 3rd Saturday*** 3:00pm-6:15pm **Open Swim** **2nd and 4th Saturday**

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.

Family Swim
Both pools are open for all activities except lap swimming. Toys and noise permitted everywhere.

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
A calm, low stimulus pool session where lights are dimmed, music is off, and the pace is gentle - perfect for children and adults with sensory sensitivities. The swim is free to members; non-members will pay a $5.00 “sensory swim fee” per individual. Individuals can bring support persons as required. Due to the nature of this activity, spots are limited. You must sign up online in advance.