



Pool Schedule

Fall/Winter Session: December 5, 2022 - January 8, 2023

Registration is required for all programs and swim times.

Building Hours:

Monday - Friday 5:30 AM - 10 PM

Saturday & Sunday 7 AM - 5 PM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
LANE SWIM 6 - 9 AM		LANE SWIM 7:30 - 9 AM		LANE SWIM 6 - 9 AM		LANE SWIM 7:30 - 9 AM		LANE SWIM 6 - 9 AM		LANE SWIM DEC 10, 24 & 31.		LANE SWIM 9 - 10 AM
AQUAFIT 9:15 - 10 AM		AQUA LITE 9:15 - 10 AM		AQUA CARDIO 9:15 - 10 AM		AQUA LITE 9:15 - 10 AM		AQUAFIT 9:15 - 10 AM				
LANE SWIM 10 AM - 12 PM	FAMILY SWIM 10:30 AM - 12 PM	LANE SWIM 10 AM - 12 PM	FAMILY SWIM 10:30 AM - 12 PM	LANE SWIM 10 AM - 12 PM	FAMILY SWIM 10:30 AM - 12 PM	LANE SWIM 10 AM - 12 PM	FAMILY SWIM 10:30 AM - 12 PM	LANE SWIM 10 AM - 12 PM	FAMILY SWIM 10:30 AM - 12 PM	* NEW! * WATER-POLO 10 AM - 12 PM	FAMILY SWIM 12 - 12:45 PM	*MEMBERS ONLY* OPEN SWIM 10 - 11 AM
										LANE SWIM 12 - 12:45 PM		OPEN SWIM 11 AM - 12 PM
LANE SWIM 12 - 2 PM		LANE SWIM 12 - 2 PM		LANE SWIM 12 - 1 PM		LANE SWIM 12 - 2 PM		LANE SWIM 12 - 1 PM		*MEMBERS ONLY* OPEN SWIM 1 - 2 PM		LANE SWIM 12 - 2 PM
LANE SWIM 2 - 3 PM	REC SWIM 2 - 3 PM	LANE SWIM 2 - 3 PM	REC SWIM 2 - 3 PM	LANE SWIM 2 - 3 PM	REC SWIM 2 - 3 PM	LANE SWIM 2 - 3 PM	REC SWIM 2 - 3 PM	LANE SWIM 2 - 3 PM	REC SWIM 2 - 3 PM	OPEN SWIM 2 - 3 PM		
LANE SWIM 4:30 - 7 PM	FAMILY SWIM 4:30 - 7 PM	* NEW! * WATER-POLO 5 - 7 PM	FAMILY SWIM 4:30 - 7 PM	LANE SWIM 4:30 - 6:30 PM		LANE SWIM 4:30 - 7 PM	FAMILY SWIM 4:30 - 7 PM	LANE SWIM 4:30 - 6:30 PM				
LANE SWIM 7 - 8 PM		LANE SWIM 7 - 8 PM		OPEN SWIM 6:30 - 8 PM		LANE SWIM 7 - 8 PM		OPEN SWIM 6:30 - 8 PM				
THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 7 - 8 PM		THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 7 - 8 PM		THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 7 - 8 PM		THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 7 - 8 PM		THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 7 - 8 PM		THERAPY POOL: 7:30 - 10 AM 12 - 3 PM		THERAPY POOL: 7:30 AM - 2 PM

NOTE: The Aquatics Centre will be closed for maintenance from December 12 to 16.

Schedules are subject to change.

705-497-9622 | ymcaneco.ca

Building healthy communities



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Monday - Friday 5:30 AM - 10 PM

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POOL & PROGRAM DESCRIPTIONS

FAMILY SWIM

- This fun swim is perfect for anyone to come enjoy our Leisure Pool & Splash Pad. One lane will be available in the Lap Pool for recreational activities.

LANE SWIM

- Open for all lap swimmers. Go at your own pace with fast, medium and slow lanes in our 25m Lap Pool. We encourage all participants to swim laps and circle swim when necessary.

REC SWIM

- Lap Pool and Therapy Pool are open for all types of swimmers, with areas available to dive, play or workout in the water.

OPEN SWIM

- Relax and play with your family and friends in all four of our pools.
- Lane swimming will not be available during this time.

MEMBERS ONLY OPEN SWIM

- Members get exclusive early access to our weekend Open Swims!

THERAPY POOL

- Relax in this shallow, warm pool that is kept at a temperature of 38 °C.

AQUA CARDIO

- This program blends the best of both worlds; cardio and strength. Using the water resistance and interval training to get you sweating.

AQUAFIT

- This class uses different moves and intensity to get the most out of your work out. A combo class that is great for all ages and fitness levels.

AQUA LITE

- Low impact with moderate intensity. This work out is designed to get you moving at a gentle pace.

* NEW! * WATERPOLO

- During this pop-up clinic, participants will learn basic water polo rules, treading water, dribbling, passing and shooting.
- Attendees must already have the capability to swim a minimum of 1 length on their front and 1 length on their back.
- Clinics will run Dec 6, Dec 17, Dec 20, Dec 27, and Jan 7.

DETAILS ABOUT PROGRAM OFFERINGS, INCLUDING REGISTRATION,
CAN BE FOUND ONLINE AT **YMCA-NEO.FORCE.COM**.

Child Minding Hours:

Drop the kids off and enjoy some YOU time!

Monday to Saturday 9 AM - 12 PM

Monday to Thursday 4:30 PM - 7:30 PM

3 months to 5 years. Parents & guardians must remain in building.

Child Minding will be CLOSED Saturday, December 24 and Monday, December 26.

Schedules are subject to change.

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