



Pool Schedule

Winter Session: January 9 - March 26, 2023

Registration is required for all programs and swim times. Swimming lessons will NOT run March 13 to 18.

Building Hours:

Monday - Friday 5:30 AM - 10 PM

Saturday & Sunday 7 AM - 5 PM

Statutory Holidays 8 AM - 4 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 7:30 - 9:45 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 - 2 PM	LESSONS 10 - 10:30 AM	LANE SWIM 10 AM - 12 PM	FAMILY SWIM 10:30 AM - 12 PM	LANE SWIM 10 AM - 2 PM	LESSONS 10 - 10:30 AM	LANE SWIM 10 AM - 12 PM	FAMILY SWIM 10:30 AM - 12 PM	LESSONS 9:30 AM - 12 PM		*MEMBERS ONLY* OPEN SWIM 10 - 11 AM	
			FAMILY SWIM 10:30 AM - 12 PM				FAMILY SWIM 10:30 AM - 12 PM					OPEN SWIM 11 AM - 12 PM	
LANE SWIM 12 - 3 PM			HYDRO- THERAPY 1 - 1:45 PM	LANE SWIM 12 - 1 PM			HYDRO- THERAPY 1 - 1:45 PM	LANE SWIM 12 - 1 PM		LANE SWIM 12 - 12:45 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	*MEMBERS ONLY* OPEN SWIM 1 - 2 PM			
LESSONS 4 - 7 PM		LESSONS 4 - 7 PM		PRIVATE LESSONS 4 - 7 PM	OPEN SWIM 6:30 - 7:30 PM	LESSONS 4 - 7 PM		PRIVATE LESSONS 4 - 7 PM	OPEN SWIM 6:30 - 8 PM	OPEN SWIM 2 - 3 PM			
LANE SWIM 7:15 - 9 PM		LANE SWIM 7:15 - 9 PM	AQUAFIT 7:15 - 8 PM			LANE SWIM 7:15 - 9 PM	AQUAFIT 7:15 - 8 PM	LANE SWIM 7 - 8 PM					
			WATERPOLO 8 - 9 PM					WATERPOLO 8 - 9 PM					
THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 7 - 9 PM		THERAPY POOL: 6 - 10:30 AM 12 - 1 PM 2 - 4 PM 7 - 9 PM		THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 6:30 - 9 PM		THERAPY POOL: 6 - 10:30 AM 12 - 1 PM 2 - 4 PM 7 - 9 PM		THERAPY POOL: 6 - 10:30 AM 12 - 4 PM 6:30 - 9 PM		THERAPY POOL: 7:30 - 9 AM 12 - 12:45 PM *MEMBERS ONLY* *1 - 2 PM* 2 - 3 PM		THERAPY POOL: 7:30 - 9:45 AM *MEMBERS ONLY* *10 - 11 AM* 11 AM - 2 PM	

705-497-9622 ymcaneco.ca

Schedules are subject to change.

Building healthy communities



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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.

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.

LANE SWIM

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

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.

HYDROTHERAPY

- This class will help with joint mobility by using gentle functional movement exercises. Spinal stabilization and postural awareness are the main objectives of this class. Great for arthritis, mobility issues and joint replacements.

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 workout. 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.

WATERPOLO

- Participants will learn basic water polo rules, treading water, dribbling, passing and shooting on Tuesdays and play games on Fridays.
- For ages 16+ years. Attendees must be able to swim a minimum of 1 length on their front and 1 length on their back to participate.

SWIMMING LESSONS

- Group lessons available Mon., Tue. and Thu. evenings, and Sat. mornings.
- Adult/Teen Lessons available Mondays at 7:10 PM.
- Private Lessons available Wednesday and Friday evenings.

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.

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