



Pool Schedule

Spring Session: April 10 - June 18, 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

Statutory Holidays 8 AM - 4 PM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
TITANS 6 - 7:45 AM		TITANS 6 - 7:30 AM		TITANS 6 - 7:45 AM		TITANS 6 - 7:30 AM		TITANS 6 - 7:45 AM			
LANE SWIM 8 - 9 AM		LANE SWIM 6 - 9 AM		LANE SWIM 6 - 9 AM		LANE SWIM 6 - 9 AM		LANE SWIM 8 - 9 AM		TITANS 7:15 - 9:30 AM	LANE SWIM 7:30 - 8:45 AM
AQUAFIT 9:15 - 10 AM		AQUA LITE 9:15 - 10 AM		AQUAFIT 9:15 - 10 AM		AQUA LITE 9:15 - 10 AM		AQUAFIT 9:15 - 10 AM			LESSONS 9 - 10:45 AM
LANE SWIM 10:15 AM - 12 PM	FAMILY SWIM 11 - 12 PM	LANE SWIM 10:15 AM - 3 PM	LESSONS 10:30 - 11 AM	LANE SWIM 10:15 AM - 12 PM	FAMILY SWIM 11 - 12 PM	LANE SWIM 10:15 AM - 3 PM	LESSONS 10:30 - 11 AM	LANE SWIM 10:15 AM - 12 PM	FAMILY SWIM 11 - 12 PM	LESSONS 9:30 AM - 12:45 PM	MEMBERS OPEN SWIM 11 AM - 12 PM
LANE SWIM 12 - 3 PM			HYDRO- THERAPY 1 - 1:45 PM	LANE SWIM 12 - 2 PM			HYDRO- THERAPY 1 - 1:45 PM	LANE SWIM 12 - 2 PM			LANE SWIM 12 - 12:45 PM
			REC SWIM 2 - 3 PM	LANE SWIM 2 - 3 PM	REC SWIM 2 - 3 PM		REC SWIM 2 - 3 PM	LANE SWIM 2 - 3 PM	REC SWIM 2 - 3 PM	MEMBERS OPEN SWIM 1 - 2 PM	LANE SWIM 1 - 2 PM
TITANS 3:30 - 6:30 PM		TITANS 3:30 - 6:30 PM		TITANS 3:30 - 6:30 PM		TITANS 3:30 - 6:30 PM		TITANS 3:30 - 6:30 PM		BIRTHDAY PARTY 3 - 4 PM	
LESSONS 4 - 8 PM		LANE SWIM 4:30 - 7 PM		LESSONS 4 - 7 PM		LANE SWIM 4:30 - 5:30 PM		LESSONS 4 - 6:15 PM			
LANE SWIM 8 - 9 PM	TOUR DE TROUT 7:15 - 9 PM	LANE SWIM 7:15 - 9 PM	AQUAFIT 7:15 - 8 PM	LANE SWIM 7:15 - 9 PM	TOUR DE TROUT 7:30 - 8:30 PM	FAMILY SWIM 5:30 - 7 PM		PUBLIC OPEN SWIM 6:30 - 7:45 PM			
		WATERPOLO 8 - 9 PM				LANE SWIM 7:15 - 9 PM	AQUAFIT 7:15 - 8 PM	WATERPOLO 8 - 9 PM			
<u>THERAPY POOL:</u> 6 - 10:30 AM 12 - 3 PM 8 - 9 PM		<u>THERAPY POOL:</u> 6 - 10:30 AM 12 - 1 PM 2 - 3 PM 3:30 - 9 PM		<u>THERAPY POOL:</u> 6 - 10:30 AM 12 - 3 PM 7:15 - 9 PM		<u>THERAPY POOL:</u> 6 - 10:30 AM 12 - 1 PM 2 - 3 PM 4:30 - 5:30 PM 7:15 - 9 PM		<u>THERAPY POOL:</u> 6 - 10:30 AM 12 - 3 PM 6:30 - 9 PM		<u>THERAPY POOL:</u> 7:30 - 9 AM 12 - 12:45 PM *MEMBERS ONLY* *1 - 2 PM* 2 - 3 PM	<u>THERAPY POOL:</u> 7:30 - 8:45 AM *MEMBERS ONLY* *11 - 12 PM* 12 - 2 PM

Schedules are subject to change.

705-497-9622 ymcaneo.ca

Building healthy communities



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Monday - Friday 5:30 AM - 10 PM

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Statutory Holidays 8 AM - 4 PM

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.

MEMBERS OPEN SWIM

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

PUBLIC 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.

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.

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 workout 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 Monday and Wednesday evenings, and Saturday mornings.
- Adult/Teen Lessons available Mondays at 7:10 PM.
- Private Lessons available Friday evenings, Saturday afternoons, and Sunday mornings.

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.

Schedules are subject to change.

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