



Pool Schedule

Fall Session: September 25 - December 10, 2023
 Registration required for all programs.

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 6-7:45am		Titans 6-7:45am	Lane Swim 6-7:45am	Titans 6-7:45am	Lane Swim 6-7:45am	Titans 6-7:45am	Lane Swim 6-7:45am	Titans 6-7:45am				
Lane Swim 7:45-9:15am		Lane Swim 7:45-9:15am	Aqua Running 8-8:45am	Lane Swim 7:45-9:15am		Lane Swim 7:45-9:15am	Aqua Running 8-8:45am	Lane Swim 7:45-9:15am		Titans 7:30-9:30am	Lane Swim 7:30-9am	
Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Swim Lessons 9:30am-12pm	Private Lessons 9-10am	
Lane Swim 10-11am	Open Swim 10-11am	Lane Swim 10-11am	Swim Lessons 10-11am	Lane Swim 10-11am	Open Swim 10-11am	Lane Swim 10-11am	Swim Lessons 10-11am	Private Group Rental 10-11am			MEMBERS ONLY Open Swim 10-11am	
Lane Swim 11am-1pm		Lane Swim 11am-1pm		Lane Swim 11am-1pm		Lane Swim 11am-1pm		Lane Swim 11am-1pm		Junior Lifeguard Club 11:30am-12:30pm	Open Swim 11am-12pm	
Lane Swim 1-2:00pm	Open Swim 1-2pm	Lane Swim 1-3:30pm	Open Swim (No therapy pool) 1-2pm	Lane Swim 1-3:30pm	Open Swim 1-2pm	Lane Swim 1-3:30pm	Open Swim (No therapy pool) 1-2pm	Lane Swim 1-2:00pm	Open Swim 1-2pm	MEMBERS ONLY Open Swim 1-2pm	Open Swim 1-3pm	
Aquafit 2-2:45pm		Hydrotherapy (Therapy Pool) 1:15-2pm				Hydrotherapy (Therapy Pool) 1:15-2pm		Aquafit 2-2:45pm				Open Swim 2-3pm
Titans 3:30-5:30pm	Family Swim 3:30-5:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-5:30pm	Birthday Party 3-4pm	Birthday Party 3-4pm	
Private Lessons 5:30-6:30pm	Lane Swim 5:30-6:30pm	Swim Lessons 4:30-7pm		Swim Lessons 4:30-7pm		Swim Lessons 4:30-7pm		Private Lessons 5:30-6:30pm	Lane Swim 5:30-6:30pm			
Open Swim 6:30-8pm		Youth Stroke Correction 6:45-7:15pm				Youth Stroke Correction 6:45-7:15pm		Open Swim 6:30-8pm				
		Adult Lessons - Level 1 6:45-7:15pm				Adult Lessons - Level 3 6:45-7:15pm						
		Aquafit 7:15-8pm	Lane Swim 7:15-8:30pm	Private Group Rental 7-8pm		Aquafit 7:15-8pm	Lane Swim 7:15-8:30pm					
Lane Swim 8-9:30pm		Water Polo 8:30-9:30pm		Advanced Aquatics 8-9:30pm	Lane Swim 8-9pm	Water Polo 8:30-9:30pm		Lane Swim 8-9:30pm				
Therapy Pool 6am-9:30pm		Therapy Pool 6am-1pm 2-4:30pm 7:15-9:30pm		Therapy Pool 6am-4:30pm 7-9:30pm		Therapy Pool 6am-1pm 2-4:30pm 7:15-9:30pm		Therapy Pool 6am-9:30pm		Therapy Pool 7:30-9:30am 12-1pm 1-2pm MEMBERS ONLY 2-3pm	Therapy Pool 7:30-10am 10-11am MEMBERS ONLY 11am-3pm	

Schedules are subject to change.

705-497-9622 ymcaneco.ca



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Lane Swim: Open to 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.

Family Swim: Come out with your little ones and enjoy our Splash, Leisure, and Therapy Pools during this time. Please note that the Lap Pool will not be available during Family Swim as other activities will be scheduled at these times.

Aquafit: A full-body workout that uses water resistance, pool noodles, and paddles to increase heart rate and work muscles. The water will help with joint stabilization and body weight support making this an ideal workout for anyone.

Aqua Running: A water-based running workout done while you are tethered to a lane rope. Ideal for all fitness levels and great for those who cannot sustain impact on their joints.

Water Polo: If you are an athlete who loves swimming, join us for water polo! Participants will learn skills and participate in friendly matches. Players must already have the capability to swim a minimum of 1 length on their front and 1 length on their back.

Adult Lessons: If you are looking to learn better technique, or if you want to learn to swim from the beginning, one of our YMCA Swim Instructors will help you progress in the pool. Available for members only, ages 13+ years. Currently offering levels 1 and 3.

Level 1: For beginners looking to become comfortable in the water.

Level 2: Must be able to swim one full length of the pool. The purpose of this class is to improve strokes.

Level 3: Should be comfortable swimming 200 meters and looking to improve speed and efficiency.

Junior Lifeguard Club: Perfect for youth 10-13 years of age who thrive in an energetic learning environment. JLC keeps youth active in aquatics and helps to develop leadership in those aspiring to become lifeguards. The main program criteria will be based on the Bronze Star Program.

Youth Stroke Correction: Geared towards assisting youth 8-14 years with improving swim strokes. Provides additional practice time with the help of an instructor to improve a specific stroke or multiple strokes. This is a free program available for swimmers with a Star-level swim ability.

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.

**Birthday party rentals available! Packages include your choice of a private or shared swim and the use of our gymnasium and lounge.
Book online or contact us for more information.**

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!
Ages 3m-5y

Monday to Saturday 9am-12pm
Monday to Thursday 4:30-7:30pm