



Pool Schedule

Winter Session: January 8 - March 25

Registration required for all programs. Swimming Lessons will not run February 19 or March 9-15. A substitute pool schedule will be provided for these dates.

Building Hours:

Monday - Friday 5:30am-10pm

Saturday & Sunday 7am-5pm

Statutory Holidays 8am-4pm

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 7:45-9:10am		Lane Swim 7:45-9:10am	Aqua Running 8-8:45am	Lane Swim 7:45-9:10am		Lane Swim 7:45-9:10am	Aqua Running 8-8:45am	Lane Swim 7:45-9:10am		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 9am-12pm
Lane Swim 10am-2pm	Open Swim 10-11am	Private Group Rental 10-11:30am		Lane Swim 10am-3:20pm	Open Swim 10-11am	Private Group Rental 10-11:30am		Private Group Rental 10-11am		Lane Swim 12-1pm	JLC 12-1pm	Lane Swim 12-1pm
	Swim Lessons 11am-12pm	Lane Swim 11:30am-3:20pm			Swim Lessons 11am-12pm	Lane Swim 11:30am-3:20pm		Lane Swim 11am-2pm			Open Swim 1-3pm	Open Swim 1-3pm
	Open Swim 1-2pm				Open Swim 1-2pm					Hydrotherapy 1:15-2pm		
AquaFit 2-2:45pm		Hydrotherapy 1:15-2pm										
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 3:30-4:30pm	Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Birthday Party 3-4pm		Birthday Party 3-4pm
Lane Swim 5:30-7pm		Swim Lessons 4:30-7pm		Swim Lessons 4:30-7pm		Swim Lessons 4:30-7pm		Swim Lessons 4:30-7pm				
		Youth Stroke Correction 6:45-7:15pm				Youth Stroke Correction 6:45-7:15pm						
		Adult Lessons - Level 1 & 2 6:45-7:15pm				Adult Lessons - Level 1 & 3 6:45-7:15pm						
Open Swim 7-8pm		AquaFit 7:15-8pm		Private Group Rental 7-8pm		AquaFit 7:15-8pm		Open Swim 7-8pm				
Lane Swim 8-9:30pm		Lane Swim 8-9:30pm		Advanced Aquatics 8-9:30pm	Lane Swim 8-9pm	Lane Swim 8-9:30pm		Lane Swim 8-9:30pm				
Therapy Pool 6am-9:30pm		Therapy Pool 6-10:30am 11:30am-1pm 2-4:30pm 7:15-9:30pm		Therapy Pool 6am-4:30pm 7-9:30pm		Therapy Pool 6-10:30am 11:30am-1pm 2-4:30pm 7:15-9:30pm		Therapy Pool 6am-4:30pm 7-9:30pm		Therapy Pool 7:30-9:30am 12-3pm		Therapy Pool 7:30-3pm

Schedules are subject to change.

705-497-9622 ymcaneo.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.

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.

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 (JLC): 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.

Advanced Aquatics: This time is reserved for lifeguarding courses such as Bronze Medallion Bronze Cross, National Lifeguard, and Swim Instructors.

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time! Ages 3 months to 5 years

Monday to Friday 9am-12pm

Monday to Thursday 4:30-7:30pm

Saturday 9am-1pm