

# Pool Schedule

Spring schedule: April 22-June 16, 2024  
Registration required for all programs.

**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 Min 2 lanes	Titans 6-7:45am	Lane Swim 6-7:45am Min 2 lanes	Titans 6-7:45am	Lane Swim 6-7:45am Min 2 Lanes	Titans 6-7:45am					
Lane Swim 7:45-9:10am All Lanes		Lane Swim 7:45- 9:10am Min 3 Lanes	Aqua Running 8-8:45am	Lane Swim 7:45-9:10am All Lanes		Lane Swim 7:45- 9:10am Min 3 Lane	Aqua Running 8-8:45am	Lane Swim 7:45-9:10am All Lanes		Titans 7:15-9:30am		Lane Swim 7:30-9am All Lanes	
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 9-11pm	Lane Swim 9-11am Min 2 Lanes
Lane Swim 10:15- 11am Min 2 lanes	Open Swim 10:15- 11am	Lane Swim 10:15- 11am Min 2 lanes	Open Swim 10:15- 11am	Lane Swim 10:15- 11am Min 2 Lanes	Open Swim 10:15- 11am	Lane Swim 10:15- 11am Min 2 lanes	Open Swim 10:15- 11am	Lane Swim 10:15- 11am Min 2 lanes	Open Swim 10:15- 11am				
Lane Swim 11-1pm All Lanes	Swim Lessons 11-12pm	Lane Swim 11-1pm All Lanes		Lane Swim 11-1pm All Lanes	Swim Lessons 11-12pm	Lane Swim 11-1pm All Lanes		Lane Swim 11:15-1pm All Lanes		Lane Swim 12-1pm Min 3 Lanes	JLC 12- 1pm	Open Swim 11-11:45am	
Lane Swim 1-1:45pm Min 2 Lanes	Open Swim 1-2pm	Lane Swim 1-2pm Min 2 Lanes	Open Swim 1-2pm	Lane Swim 1-2pm Min 2 Lanes	Open Swim 1-2pm	Lane Swim 1-2pm Min 2 Lanes	Open Swim 1-2pm	Lane Swim 1-1:45pm Min 2 Lanes	Open Swim 1-2pm	Open Swim 1-3pm		Open Swim 1-3pm	
Aquafit 2-2:45pm		Hydrotherapy 1-1:45pm		Hydrotherapy 2-2:45pm		Hydrotherapy 1-1:45pm		Aquafit 2-2:45pm				Lane Swim 12-1pm All Lanes	
Lane Swim 3-3:30pm All Lanes		Lane Swim 2-3:30pm Min 3 Lanes		Lane Swim 2-3:30pm All Lanes		Lane Swim 2-3:30pm Min 3 Lanes		Lane Swim 3-3:30pm All Lanes				Open Swim 1-3pm	
Therapy Pool 6am-4:30pm 7-9:30pm		Therapy Pool 6am-1pm 1:45-4:30pm 7:15-9:30pm		Therapy Pool 6am-2pm 2:45-4:30pm 7-9:30pm		Therapy Pool 6am-1pm 1:45-4:30pm 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	

Schedule continues on the next page.

Schedules are subject to change.

705-497-9622 | ymcaneo.ca

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Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday	
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 3:15-4:00pm Min 2 lanes
Swim Lessons 4:30-6:45pm		Swim Lessons 4:30-6:40pm		Swim Lessons 4:30-6:45pm		Swim Lessons 4:30-6:40pm		Swim Lessons 4:30-6:45pm				
		Youth Stroke Correction 6:45-7:15pm				Youth Stroke Correction 6:45-7:15pm						
Open Swim 7-8pm		Adult Lessons 1&2 6:45-7:15pm				Adult Lessons 1&3 6:45-7:15pm		Open Swim 7-8pm				
		Private Lessons 6:45-7:15pm		Private Lesson 6:45-7:15pm								
Lane Swim 8:15-9:30pm Min 3 lanes	Tour De Trout 8:00-9:30pm Min 3 Lanes	Aquafit 7:15-8pm		Tour De Trout 8-8:45pm Min 3 Lanes	Advanced Aquatics 8-9:30pm	Aquafit 7:15-8pm		Lane Swim 8:15-9:30pm All Lanes				
		Lane Swim 8-8:45pm All Llanes				Lane Swim 8:15-9:30pm Min 3 lanes				Tour De Trout 8-9:30pm Min 3 Lanes		
		Waterpolo 8:45-9:30pm										
Therapy Pool 6am-4:30pm 7-9:30pm		Therapy Pool 6am-1pm 1:45-4:30pm 7:15-9:30pm		Therapy Pool 6am-2pm 2:45-4:30pm 7-9:30pm		Therapy Pool 6am-1pm 1:45-4:30pm 7:15-9:30pm		Therapy Pool 6am-4:30pm 7-9:30pm		Therapy Pool 7:30-9:30am 12-3pm		Therapy Pool 7:30am-3pm

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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