



Shine On

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 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 3:15-4pm (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		Private Lessons 6:45-7:15pm					Open Swim 7-8pm
		Private Lessons 6:45-7:15pm		Private Group Rental 7-8pm									
Lane Swim 8:15-9:30pm (Min 3 Lanes)	Tour De Trout 8-9:30pm (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 (6 Lanes)					
		Lane Swim 8-9:30pm (6 Lanes)				Lane Swim 8:15-9:30pm (Min 3 Lanes)							Tour De Trout 8-9:30pm (Min 3 Lanes)
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	

Schedules are subject to change.

705-497-9622 | ymcaeo.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.

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

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.