

Pool Schedule

Fall Session: September 29 – December 8, 2024
Registration required for all programs.

Building Hours:
Monday - Friday 5:30am - 9:30pm
Saturday 7am - 4pm
Sunday 8am - 4pm
Statutory Holidays 8am - 4pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Titans 6-7:45am		Titans 6-7:45am		Lane Swim 6-7:45am (2 Lanes)		Titans 6-7:45am		Lane Swim 6-7:45am (2 Lanes)		Titans 6-7:45am			
Lane Swim 7:45-9:10am (6 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)		Aqua Running 8-8:45am		Lane Swim 7:45-9:10am (3 Lanes)		Aqua Running 8-8:45am		Lane Swim 7:45-9:10am (6 Lanes)		Titans 7:30-9:45am	
AquaFit 9:15-10am		AquaFit 9:15-10am		AquaFit 9:15-10am		AquaFit 9:15-10am		AquaFit 9:15-10am		Swim Lessons 9am-12pm		Lane Swim 9:30-11am (2 Lanes)	
Lane Swim 10-11am (2 Lanes)		Swim Lessons 11am-12pm		Lane Swim 10am-1pm (6 Lanes)		Lane Swim 10-11am (2 Lanes)		Open Swim 10-11am		Private Rental 10-11am		Swim Lessons 11am-12pm	
Lane Swim 11am-1pm (6 Lanes)		Hydro-therapy 12:15-1pm		Lane Swim 11am-1pm (6 Lanes)		Hydro-therapy 12:15-1pm		Lane Swim 10am-1pm (6 Lanes)		Lane Swim 11am-1pm (6 Lanes)		Hydro-therapy 12:15-1pm	
Lane Swim 1-3:30pm (2 Lanes)		Open Swim 1-3:30pm		Lane Swim 1-3:30pm (2 Lanes)		Open Swim 1-3:30pm		Lane Swim 1-3:30pm (2 Lanes)		Open Swim 1-3:30pm		Lane Swim 12-2pm (2 Lanes)	
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		Teen Swim 3:30-5:30pm		JLC/Bronze Star 12-1pm	
Swim Lessons 5:30-7:30pm		Swim Lessons 5:30-7:15pm		Swim Lessons 5:30-7pm		Swim Lessons 5:30-7:15pm		Swim Lessons 5:30-7:15pm		Swim Lessons 5:30-7:30pm		Open Swim 1-2pm (2 Lanes)	
Lane Swim 7:30-9pm (6 Lanes)		AquaFit 7:15-8pm		Private Rental 7-8pm		AquaFit 7:15-8pm		Lane Swim 7:30-9pm (6 Lanes)		Lane Swim 7:30-9pm (6 Lanes)		Open Swim 2-3:30pm	
		Lane Swim 8-9pm (6 Lanes)		Lane Swim 8-9pm (6 Lanes)		Advanced Aquatics 7-9pm						Open Swim 2-3:30pm	
Therapy Pool 6am-12:15pm 1-4:30pm 7:30-9pm		Therapy Pool 6am-4:30pm 7:15-9pm		Therapy Pool 6am-12:15pm 1-4:30pm 7:30-9pm		Therapy Pool 6am-4:30pm 7:15-9pm		Therapy Pool 6am-12:15pm 1-4:30pm 7:30-9pm		Therapy Pool 6am-12:15pm 1-4:30pm 7:30-9pm		Therapy Pool 7:30-9am 12-3:30pm	
												Therapy Pool 8:30am-3:30pm	



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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:

Enjoy swimming together in a safe, relaxed, and friendly environment within our Leisure Pool and Therapy Pool.

Teen Swim:

Designated for teenagers to swim, socialize, and enjoy water activities in an environment tailored to their age group.

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.

Adult Swim Lessons – Level 1:

Great for beginners with a focus on building comfort and safety in the water, starting with basic skills like floating, treading water, and basic strokes.

Adult Swim Lessons – Level 2:

Suitable for more advanced swimmers, instructors will help improve technique, increase endurance, and learn new skills.

JLC:

A program for youth aged 10 to 11, eager to master the essentials of water safety, rescue techniques, and first aid. This program blends fun, education, and hands-on practice both in and out of the water! Boost your confidence in the water and gain an understanding of what it takes to be a lifeguard. Great practice for youth eager to join the Bronze Cross course when they turn 12.

Bronze Star:

This certification course is for youths 12+ with strong swimming skills, ready to take on advanced lifesaving techniques. It prepares participants for higher certifications like the Bronze Medallion, focusing on aquatic emergencies, self-rescue, rescue of others, swimming endurance, and first aid, including CPR and victim management.

Advanced Aquatics:

This time is a designated pool use for all Advanced Lifeguarding Courses such as Bronze Medallion, Bronze Cross and National Lifeguard.

YMCA@HOME+

YMCA at Home is our virtual platform offering youth and family activities including gym class fun, camp games, leadership development, crafts, sing-alongs, and more! Adult content includes fitness classes, healthy meal plans & recipes, mindfulness, women's health, and more. Visit Membership Services for your exclusive discount code and access ymcahome.ca to get the most from your YMCA membership!

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!
Ages 3 months to 5 years
Monday to Saturday 9am-12pm
Monday to Thursday 5:30-7:30pm