

# Fall Pool Schedule

Fall Session: September 29 – December 7, 2025  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am-9:30pm  
Saturday - Sunday 8am-6pm  
Holidays 8am-4pm

| MONDAY                           |                                | TUESDAY                          |                                                                     | WEDNESDAY                    |                         | THURSDAY                         |                                 | FRIDAY                      |         | SATURDAY                        |                         | SUNDAY                                                            |                                                         |
|----------------------------------|--------------------------------|----------------------------------|---------------------------------------------------------------------|------------------------------|-------------------------|----------------------------------|---------------------------------|-----------------------------|---------|---------------------------------|-------------------------|-------------------------------------------------------------------|---------------------------------------------------------|
| Lap                              | Leisure                        | Lap                              | Leisure                                                             | Lap                          | Leisure                 | Lap                              | Leisure                         | Lap                         | Leisure | Lap                             | Leisure                 | Lap                                                               | Leisure                                                 |
| Lane Swim<br>6:00-8:50am         |                                |                                  | Rec Swim<br>6:00-11:50am                                            | Lane Swim<br>6:00-8:50am     |                         | Lane/Rec<br>Swim<br>6:00-10:20am | Rec Swim<br>6:00-11:50am        | Lane Swim<br>6:00-8:50am    |         | Lane/Rec<br>Swim<br>8:00-8:50am | Rec Swim<br>8:00-8:50am | Lane Swim<br>8:00-8:50am                                          | Rec Swim<br>8:00-8:50am                                 |
| Aquafit<br>9:00-9:45             | Rec Swim<br>6:00-9:45am        | Lane/Rec<br>Swim<br>6:00-10:20am | Parent & Tot<br>swim lesson<br>(during<br>open swim)<br>9:00-9:30am | Aquafit<br>9:00-9:45         | Rec Swim<br>6:00-9:45am |                                  | Aqua lite<br>12-12:45pm         | Aquafit<br>9:00-9:45am      |         | Swim Lessons<br>9am-1:00pm      |                         | Private Rental<br>9:00-10:00<br>September 28-November<br>23, 2025 |                                                         |
| MEMBERS<br>ONLY<br>9:50am-12pm   | MEMBERS<br>ONLY<br>9:50am-12pm |                                  | Aqua lite<br>12-12:45pm                                             |                              |                         | Aquafit<br>10:30-11:15am         | Rec Swim<br>12:50-1:50pm        |                             |         |                                 |                         |                                                                   |                                                         |
| Lane/Rec<br>Swim<br>12:05-4:20pm | Rec Swim<br>12:05pm-4:20pm     |                                  | Cardiac<br>Rehab<br>2:00pm-3:00pm                                   | MEMBERS ONLY<br>9:50am-12pm  |                         |                                  | Cardiac<br>Rehab<br>2:00-3:00pm | MEMBERS ONLY<br>9:50am-12pm |         | Lane/Rec<br>Swim<br>1:10-4:30pm | Rec Swim<br>1:10-4:30pm | Private lessons<br>(during open<br>swim)<br>10am-1:30pm           | Private lessons<br>(during open<br>swim)<br>10am-1:30pm |
|                                  |                                | Lane/Rec Swim<br>11:20am-4:20pm  | Rec Swim<br>3:05-4:20pm                                             | Lane/Rec Swim<br>12-4:20pm   | Rec Swim<br>12-4:20pm   | Lane/Rec Swim<br>11:20am-4:20pm  | Rec Swim<br>3:05-4:20pm         |                             |         |                                 |                         | Lane/Rec<br>Swim<br>10:10am - 4:20pm                              | Rec Swim<br>10:10-4:20pm                                |
| Swim Lessons<br>4:30-7:30pm      |                                | Swim Lessons<br>4:30-7:30pm      |                                                                     | Swim Lessons<br>4:30-7:30pm  |                         | Swim Lessons<br>4:30-7:30pm      |                                 | Lane/Rec Swim<br>12pm-9pm   |         |                                 |                         |                                                                   |                                                         |
| Aquafit<br>7:45-8:30pm           | Rec Swim<br>7:35-9pm           | Lane/Rec<br>Swim<br>7:35-9pm     | Rec Swim<br>7:35-9pm                                                | Aquafit<br>7:45-8:30pm       | Rec Swim<br>7:35-9pm    | Lane/Rec<br>Swim<br>7:35-9pm     | Rec Swim<br>7:35-9pm            |                             |         |                                 |                         | Private<br>Birthday<br>Party Rental<br>4:30-5:30pm                | Private<br>Birthday<br>Party Rental<br>4:30-5:30pm      |
| Lane/Rec<br>Swim<br>8:30-9pm     | SLIDE<br>8-8:30pm              |                                  | SLIDE<br>8-8:30pm                                                   | Lane/Rec<br>Swim<br>8:30-9pm | SLIDE<br>8-8:30pm       |                                  | SLIDE<br>8-8:30pm               |                             |         |                                 |                         | Birthday<br>Party Rental<br>4:30-5:30pm                           | Birthday<br>Party Rental<br>4:30-5:30pm                 |

# Fall Pool Schedule

Fall Session: September 29 – December 7, 2025  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am-9:30pm  
Saturday - Sunday 8am-6pm  
Holidays 8am-4pm

## Lane Swim

Open to all lap swimmers! Swim at your own pace in our 20m Lap Pool, with fast, medium, and slow lanes available. Please remember to circle swim when necessary to ensure everyone can enjoy their workout safely.

## Open/Rec Swim

Relax, play, and enjoy the water with your family and friends in both of our pools! This time is open for everyone to have fun, swim freely, and make the most of our aquatic facilities

## Family Swim

Bring your whole family and enjoy quality time together in our Lane and Leisure Pools! This is a great opportunity for families to splash, play, and enjoy the water. Please note that the Lap Pool will not be available during Family Swim, as other scheduled activities will be taking place at that time.

## Parent & Tot Swim Lessons

The YMCA's Parent and Tot swim program is designed to introduce young children (usually 6 months to 3 years old) to the water in a safe, fun, and supportive environment. A parent or caregiver participates in the water with the child, helping them feel comfortable and confident while learning the basics of water safety.

During these lessons, certified YMCA swim instructors guide parents on how to safely support their child, encourage movement, and build early water skills such as floating, kicking, splashing, and getting their face wet. Songs, games, and playful activities make the class enjoyable while fostering positive experiences around water.

**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.

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

### **CHILDMINDING & YOUTH DROP-IN**

Drop the kids off and enjoy some YOU time in the YMCA:

#### **Child & Youth Drop-in (Ages 3m-12yrs)**

**AM** - Monday to Friday 8:15am-1:15pm

**PM** - Monday to Thursday 4:00pm-8:00pm

\* Please ensure your child is an active member of the YMCA and has been pre-registered for this service.

#### **Youth Drop-In (10-18 yrs) FREE**

**PM** - Monday to Friday 4:30pm-9pm

To help minimize the spread of infection, we kindly ask that if your child is unable to attend school or daycare due to fever or illness, they do not attend our drop-in program. Thank you for your understanding.