

# Pool Schedule

Fall/Winter Interim: December 22, 2025 – December 28, 2025  
Registration required for all programs.

Building Hours:  
Monday-Friday 5:30am-10:00pm  
Saturday 7am-5pm  
Sunday 8am-4pm  
\*Holiday hours may vary\*

MONDAY DEC 22		TUESDAY DEC 23	WEDNESDAY DEC 24	THURSDAY DEC 25	FRIDAY DEC 26	SATURDAY DEC 27	SUNDAY DEC 28
Titans 6-7:45am (6 Lanes)		Lane Swim 6-9:10am (5 Lanes)	Lane Swim 6-9:10am (5 Lanes)	YMCA CLOSED	YMCA CLOSED	Lane Swim 7:30-10am (5 Lanes)	Lane Swim 8:30-10am (5 Lanes)
Lane Swim 7:45-9:10am (5 Lanes)							
Aquafit 9:15-10am		Aquafit 9:15-10am	Lane Swim 10-11:30am			Open Swim 10-11am	Open Swim 10-11am
Lane Swim 10am-1pm (5 Lanes)	Hydro- therapy 12:15-1pm	Lane Swim 10am-1pm (5 Lanes)					
Camp Swim 1-2pm		Camp Swim 1-2pm	Open Swim 11:30am-1:30pm			Lane Swim 11am-1pm (5 Lanes)	Lane Swim 11am-1pm (5 Lanes)
Open Swim 2-3:30pm		Open Swim 2-3:30pm					
Titans 3:30-5:30pm		Lane Swim 3:30-5:30pm (5 Lanes)				Birthday Party 1-2pm	Birthday Party 1-2pm
Open Swim 5:30-8pm		Open Swim 5:30-8pm					
Lane Swim 8-9pm (3 Lanes)	Titans 8-9pm (3 Lanes)	Lane Swim 8-9:45pm (5 Lanes)				Open Swim 2-4:30pm	Open Swim 2-3:30pm
Lane Swim 9-9:45pm (5 Lanes)							
Therapy Pool 6am-12:15pm 2-9:45pm		Therapy Pool 6am-1pm 2-9:45pm	Therapy Pool 10:30am-1:30pm	Therapy Pool 10:30am-3:30pm	Therapy Pool 6am-12:15pm 1-9pm	Therapy Pool 7:30am-4:30pm	Therapy Pool 8:30am-3:30pm

Schedules are subject to change.

705-497-9622 | ymcaneco.ca