

# Pool Schedule

Fall Session: January 5 – March 15, 2026,  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am - 10pm  
Saturday 7am - 5pm  
Sunday 8am - 4pm  
Statutory Holidays 8am-4pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Titans 6-7:45am (6 Lanes)		Titans 6-7:45am (4 Lanes)	Lane Swim 6-7:45am (2 Lanes)	Titans 6-7:45am (4 Lanes)	Lane Swim 6-7:45am (2 Lanes)	Titans 6-7:45am (4 Lanes)	Lane Swim 6-7:45am (2 Lanes)	Titans 6-7:45am (6 Lanes)					
Lane Swim 7:45-9:10am (3 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)	Aqua Running 8-8:45am (3 Lanes)	Battalion 7:45-8:15am  Lane Swim 8:20-9:10am (5 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)	Aqua Running 8-8:45am (3 Lanes)	Lane Swim 7:45-9:10am (5 Lanes)		Titans 7:30-9:30am		Lane Swim 8:30-9:30am (5 Lanes)	
Aquafit 9:15-10am		Aquafit 9:15-10m		Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Swim Lessons 9am-12pm		Lane Swim 9:30-11:am (2 Lanes)	Swim Lessons 9:30-11:10am
Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro-therapy 12:15-1pm	Lane Swim 10:15am - 12:55pm (5 Lanes)	Family Swim 10:15-11am	Battalion 10:15-10:45am		Lane Swim 10:15am - 12:55pm (5 Lanes)	Family Swim 10:15-11am	Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro-therapy 12:15-1pm			Open Swim 11:15am-12pm	
			Swim Lessons 11-12am	Lane Swim 10:50am - 12:55pm (5 Lanes)	Hydro-therapy 12:15-1pm		Swim Lessons 11am-12pm	*Rental 10-11 last two Fridays of Month*			Lane Swim 12-12:55pm (5 Lanes)	Lane Swim 12-12:55pm (5 Lanes)	
Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-2pm	Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-2:30pm	Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-2pm	Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-2:30pm	Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-2pm	Lane Swim 1-2pm (3 Lanes)	Birthday Party 1-2pm	Lane Swim 1-2pm (3 Lanes)	Birthday Party 1-2pm
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	Open Swim 2-4:30pm		Open Swim 2-3:30pm	
Swim Lessons 4:30-7pm		Swim Lessons 4:30-7:15pm		Swim Lessons 4:30-7pm		Swim Lessons 4:30-7:15pm		Swim Lessons 4:30-7pm					
Open Swim 7-7:55pm		Bronze Med/Cross 7:15-9:45pm	Aquafit 7:15-8pm (3 Lanes)	Special Olympics 7-8pm	Family Swim 7-8pm	Special Olympics 7:15-8pm	Aquafit 7:15- 8pm (3 Lanes)	Open Swim 7-7:55pm					
Lane Swim 8-8:45pm (3 Lanes)	Titans 8-8:45pm (3 Lanes)		Lane Swim 8:05-9:45pm (3 Lanes)	Tour De Trout 8:05-9:45pm (4 Lanes)	Lane Swim 8:05-9:45pm (2 Lanes)	Lane Swim 8:05-9:45pm (4 Lanes)	Swim Instructors 8:00-9:45pm (2 Lanes)	Teen Swim 8-9:45pm (3 Lanes)	Titans 8-9:45pm (3 Lanes)				
Lane Swim 8:45-9:45pm (5 Lanes)													
Therapy Pool 6am-12:15pm 1-4:30pm 7-9:45pm		Therapy Pool 6am-4:30pm 7:15-9:45pm		Therapy Pool 6-7:45am 8:15-1015am 10:45am-12:15pm 1-4:30pm 7-9:45pm		Therapy Pool 6am-4:30pm 7:15-9:45pm		Therapy Pool 6am-12:15pm 1-4:30pm 7-9:45pm		Therapy Pool 7:30am-4:30pm		Therapy Pool 8:30am-3:30pm	

Schedules are subject to change.

705-497-9622 | ymcaneco.ca

# Pool Schedule

Fall Session: January 5 – March 15, 2026,  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am - 10pm  
Saturday 7am - 5pm  
Sunday 8am - 4pm  
Statutory Holidays 8am-4pm

## **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. One Lane will be dedicated for swimmers who would like to aqua jog or swim at a gentler pace.

## **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.

## **Titans:**

This time is a designated pool use for the North Bay Titans Swim Team.

## **Battalion:**

This time is reserved for the North Bay Battalion for all pools.

Drop the kids off and enjoy some YOU time!

### **Childminding Hours:**

Ages 3 months to 5 years

Monday to Saturday 9am-12pm  
Monday to Thursday 5:30-7:30pm

### **Youth Drop-In Hours:**

Ages 6 to 9 years  
Monday to Thursday 4:30-7:30pm  
Saturday's 9am-12pm

## **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 in the Therapy Pool. Great for arthritis, mobility issues and joint replacements. The Therapy Pool will be reserved for class participants only.

## **Swim Lessons:**

This time is designated for swim lessons for a variety of ages and skill levels. For class details and registration, please inquire with Membership Services.

## **Advanced Aquatics:**

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