

Fall/Winter Interim Pool Schedule

December 8, 2025-January 4, 2026
Registration required for all programs

The YMCA will be closed or on reduced hours on December 25, 26 2025 and January 1,2026

Building Hours:

Monday - Friday 5:30am-9:30pm

Saturday and Sunday 8am-6pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure
Lane Swim 6-8:50am	Rec Swim 6am-3:00pm	Lane/Rec Swim 6:00-10:20am	Rec Swim 6:00-11:50 pm	Lane Swim 6-8:50am	Rec swim 6:00am-3:00pm	Lane/Rec Swim 6:00-10:20am	Rec Swim 6:00-11:45 am	Lane Swim 6-8:50am	Rec Swim 6:00 am-9:50am	Member Only Lane Swim 8:00am-9:00am	Member Only Rec Swim 8:00am-9:00am	Member Only Lane Swim 8:00-8:50am	Member Only Rec SWIM 8am-8:50am
Aquafit 9-9:45am		Aquafit 10:30-11:15am	Aqua lite 12-12:45pm	Aquafit 9:00-9:45am		Aquafit 10:30-11:15am	Aqua lite 12-12:45pm	Aquafit 9-9:45am					
Lane/Rec Swim 9:50am-3:00pm		Lane/Rec Swim 11:20-3:00pm-	Rec Swim 12:50-1:50pm	Lane Swim 9:50am-3:00pm		Lane/Rec Swim 11:20-3:00pm	Rec Swim 12:50-1:50pm	Members Only 9:50am-12:00pm		Lane/Rec Swim 9:00-4:20pm	Rec Swim 9:00-4:20pm	Lane/Rec Swim 9:00-4:20pm	Rec Swim
			Cardiac Rehab 2:00-3:00pm				Cardiac Rehab 2:00-3:00pm						
Members Only 3:05pm-5:00pm		Members Only 3:05-5:00pm		Members Only 3:05pm-5:00pm		Members Only 3:05pm-5:00pm		Lane/Rec swim 12:05pm-9:00pm	Rec Swim 12:05PM - 9:00pm	Private Birthday Party Rental 4:30-5:30pm	Private Birthday Party Rental 4:30-5:30pm	Private Birthday Party Rental 4:30-5:30pm	Private Birthday Party Rental 2:30-3:30pm
Lane/Rec Swim 5:00pm-7:40pm	Rec Swim 5:00-9pm	Lane/Rec Swim 5:00pm-9:00pm	Rec Swim 5:00-9pm	Lane/Rec Swim 5:00-7:40 pm	Rec Swim 5:00-9:00pm	Lane/Rec Swim 5:00-9:00pm	Rec Swim 5:00-9:00pm						
Aquafit 7:45-8:30pm	SLIDE 6:00pm-6:30pm		SLIDE 6:00pm-6:30pm	Aquafit 7:45-8:30pm	SLIDE 6:00pm-6:30pm		SLIDE 6:00pm-6:30pm						
Lane/Rec Swim 8:35-9pm	And 7:30pm-8:00pm-		And 7:30pm-8:00pm-	Lane/Rec Swim 8:35-9pm	And 7:30pm-8:00pm-		And 7:30pm-8:00pm-						

Schedules are subject to change.

705-674-8315 | ymcaneo.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.

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 8:30am-12:30pm

PM - Monday to Thursday 4:15pm-7:45pm

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

Youth Drop-In (6-12yrs)

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.