

# Winter Pool Schedule

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

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-9:45am	Lane Swim 6-10:20am	Rec Swim 6am-11:50am	Lane Swim 6-8:50am	Rec Swim 6-9:45am	Lane Swim 6-10:20am	Rec Swim 6-11:50am	Lane Swim 6-8:50am	Rec Swim 6am-9:45am	Lane Swim 8am-8:50am	Rec Swim 8am-8:50am	Lane Swim 8am-8:50 am	Rec Swim 8am-8:50am
			Parent & Tot swim lesson (during open swim) 9:00-9:30am										
Aquafit 9-9:45am			Aqua lite 12-12:45pm	Aquafit 9-9:45am			Aqualite 12-12:45pm	Aquafit 9-9:45am		Swim Lessons 9am-1:00pm		PRIVATE RENTAL 9:00am-10:00am	
MEMBERS ONLY 9:50am-12pm		Aquafit 10:30-11:15am	Rec Swim 12:50-1:50pm	MEMBERS ONLY 9:50am-12pm		Aquafit 10:30-11:15am	Rec Swim 12:50-1:50pm	MEMBERS ONLY 9:50am-12pm		Lane/Rec Swim 1:10-4:20pm	Rec Swim 1:10-4:20pm <b>SLIDE 2:00-2:30pm AND 3:3-4:00pm</b>	Swim Lessons 10:10-1:00pm	
Lane/Rec Swim 12:05-4:20pm	Rec Swim 12:05pm-4:20pm		Cardiac Rehab 2:00pm-3:00pm				Cardiac Rehab 2:00-3:00pm					Lane/Rec Swim 1:00-1:10pm 4:20pm	Rec Swim 1:05 -4:20pm- <b>Slide 1:30-2:00pm And 3:00-3:30</b>
Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Lane/Rec Swim 11:20am-4:20pm	Rec Swim 3:05-4:20pm	Lane/Rec Swim 12-4:20pm	Rec Swim 12-4:20pm	Lane/Rec Swim 11:20am-4:20pm	Rec Swim 3:05-4:20pm	Lane/Rec Swim 12pm-9pm	Rec Swim 12pm-9pm <b>SLIDE 6-6:30pm AND 7:30-8pm</b>	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 4:30-5:30pm
Aquafit 7:45-8:30pm	Rec Swim 7:35-9pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm	Swim Lessons 4:30-7:30pm						
Lane/Rec Swim 8:30-9pm	<b>SLIDE 7:35-8:05pm</b>	Lane/Rec Swim 7:35-9pm	Rec Swim 7:35-9pm <b>SLIDE 7:35-8:05pm</b>	Aquafit 7:45-8:30pm	Rec Swim 7:35-9pm <b>SLIDE 7:35-8:05pm</b>	Lane/Rec Swim 7:35-9pm	Rec Swim 7:35-9pm <b>SLIDE 7:35-8:05pm</b>						

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 20m Lap Pool. We ask participants to circle swim when necessary.

**Rec Swim:** Relax and play in the Leisure Pool with your family and friends!

**Lane/Rec Swim:** During this shared-pool swim, there are two designated areas, one for rec and one for lane swimming.

**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.

**Swim Lessons:** Register for swim lessons and see improvement in skill and fitness. Lessons are available to all ages and stages. We offer group, private, and semi-private lessons that run 8-10 weeks. You are also welcome to register through the session on a pro-rated basis.

**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.

## **CHILD & YOUTH DROP-IN AND YOUTH CENTER**

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 Centre (10-18yrs)**

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