



Shine On

# Winter/Spring Interim Pool Schedule

March 16, 2026- April 5, 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-3:00pm	Lane/Rec Swim 6:00-10:20am	Rec Swim 6:00-11:50 pm	Lane Swim 6-8:50am	Aquafit 9:00-9:45am	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-10:00 am	Member Only Rec Swim 8:00am-10:00 am	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 10:30-11:15am		Aqua lite 12-12:45pm	Aquafit 9-9:45am						
Lane/Rec Swim 9:50am-3:00pm	Rec swim 6:00am-3:00pm	Lane/Rec Swim 11:20-3:00pm-	Rec Swim 12:50-1:50pm	Lane Swim 9:50am-3:00pm	Rec swim 6:00am-3:00pm	Lane/Rec Swim 11:20-3:00pm	Rec Swim 12:50-1:50pm	Members Only 9:50am-12:00pm		Lane/Rec Swim 10:00-4:20pm	Rec Swim 10:00-4:20pm	Private Rental 9:00-10:00am	
		Cardiac Rehab 2:00-3:00		Cardiac Rehab 2:00-3:00pm									
Lane swim 3pm-5pm	Rec swim 3pm-9pm	Member Only Lane Swim 3:05-5:00pm	Members Only Rec swim 3:05-5:00pm	Member Only Lane Swim 3:05pm-5:00pm	Members Only Rec swim 3:05-5:00pm	Members Only 3:05pm-5:00pm	Members Only Rec swim 3:05-5:00pm	Lane/Rec swim 12:05pm-9:00pm	Rec Swim 12:05PM - 9:00pm	SLIDE 6:00pm-6:30pm	And	7:30pm-8:00pm	Private Birthday Party Rental 4:30-5:30pm
Lane/Rec Swim 5:00pm-7:40pm	SLIDE 6:00pm-6:30pm		Rec Swim 5:00-9pm	Lane/Rec Swim 5:00-7:40 pm	Rec Swim 5:00-9:00pm	Rec Swim 5:00-9:00pm	Rec Swim 5:00-9:00pm						
Aquafit 7:45-8:30pm	And	Lane/Rec Swim 5:00pm-9:00pm	SLIDE 6:00pm-6:30pm	Aquafit 7:45-8:30pm	SLIDE 6:00pm-6:30pm	Lane/Rec Swim 5:00-9:00pm	SLIDE 6:00pm-6:30pm						
Lane/Rec Swim 8:35-9pm	7:30pm-8:00pm-		And	Lane/Rec Swim 8:35-9pm	And		And						
			7:30pm-8:00pm-		7:30pm-8:00pm-		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 20 m Lap Pool. We ask participants to circle swim when necessary.

**Rec Swim:** Relax and play with your family and friends in both of our pools.

**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.

## **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.

**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.



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