

Fall Pool Schedule

Fall Session: September 29 – December 7, 2026
Registration required for all programs.

Building Hours:
Monday - Friday 5:30am-9:30pm
Saturday - Sunday 8am-6pm
Holidays 8am-4pm

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/Rec Swim 6-8:50am	Rec Swim 6am-11:50am	Lane Swim 6-8:50am	Rec Swim 6-9:45am	Lane/Rec Swim 6-8:50am	Rec Swim 6-11:50am	Lane Swim 6-8:50am	Rec Swim 6am-9:45am	Lane/Rec Swim 8am-8:50am	Rec Swim 8am-8:50am	Lane Swim 8-8:50am	Rec Swim 8-8:50am
Aqua fit 9:00-9:45		Aquafit 9:00-9:45am	Aqua lite 12-12:45pm	Aqua fit 9:00-9:45		Aquafit 9:00-9:45am	Aqua lite 12-12:45pm	Aquafit 9-9:45am		Swim Lessons 9am-1:00pm		Private Rental 9:00-10:30 September 20- November 29, 2026	
MEMBERS ONLY 9:50am-12pm			MEMBERS ONLY 9:50am-12pm	Rec Swim 12:50-1:50pm			MEMBERS ONLY 9:50am-12pm			Rec Swim 12:50-1:50pm			
			Cardiac Rehab 2:00pm-3:00pm							Cardiac Rehab 2:00-3:00pm			Lane/Rec Swim 1:10-4:30pm
Lane/Rec Swim 12:05-4:20pm	Rec Swim 12:05pm-4:20pm												
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 12pm-9pm	Rec Swim 12pm-9pm	Lane/Rec Swim 1:10-4:30pm	Rec Swim 1:10-4:30pm	Lane/Rec Swim 10:40 - 4:20pm	Rec Swim 10:40-4:20pm
Aquafit 7:45-8:30pm	Rec Swim 7:35-9pm	Lane/Rec Swim 7:35-9pm	Rec Swim 7:35-9pm	Aquafit 7:45-8:30pm	Rec Swim 7:35-9pm	Lane/Rec Swim 7:35-9pm	Rec Swim 7:35-9pm						
Lane/Rec Swim 8:30-9pm	SLIDE 7:35-8pm	Lane/Rec Swim 7:35-9pm	SLIDE 7:35-8pm	Lane/Rec swim 8:30-9pm	SLIDE 7:35-8pm	Lane/Rec Swim 7:35-9pm	SLIDE 7:35-8pm						

Schedules are subject to change.

705-674-8315 | ymcaneo.ca

Fall Pool Schedule

Fall Session: September 29 – December 7, 2026
Registration required for all programs.

Building Hours:
Monday - Friday 5:30am-9:30pm
Saturday - Sunday 8am-6pm
Holidays 8am-4pm

Lane Swim

Open to all lap swimmers! Swim at your own pace in our 20m Lap Pool, with fast, medium, and slow lanes available. Please remember to circle swim when necessary to ensure everyone can enjoy their workout safely.

Open/Rec Swim

Relax, play, and enjoy the water with your family and friends in both of our pools! This time is open for everyone to have fun, swim freely, and make the most of our aquatic facilities

Family Swim

Bring your whole family and enjoy quality time together in our Lane and Leisure Pools! This is a great opportunity for families to splash, play, and enjoy the water. Please note that the Lap Pool will not be available during Family Swim, as other scheduled activities will be taking place at that time.

Parent & Tot Swim Lessons

The YMCA's Parent and Tot swim program is designed to introduce young children (usually 6 months to 3 years old) to the water in a safe, fun, and supportive environment. A parent or caregiver participates in the water with the child, helping them feel comfortable and confident while learning the basics of water safety.

During these lessons, certified YMCA swim instructors guide parents on how to safely support their child, encourage movement, and build early water skills such as floating, kicking, splashing, and getting their face wet. Songs, games, and playful activities make the class enjoyable while fostering positive experiences around water.

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 8:15am-1:15pm

PM - Monday to Thursday 4:00pm-8:00pm

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

Youth Drop-In (10-18 yrs) FREE

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.