

Pool Schedule

Fall Session: September 28 – December 6, 2026
Registration required for all programs.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY				
Titans 6-7:45am (5 Lanes)	Lane Swim 6-7:45am (1 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 (5 Lanes)	Lane Swim 6-7:45am (1 Lanes)							
Lane Swim 7:45-9:10am (3 Lanes)		Lane Swim 7:45-9:10am (3 Lanes)	Aqua Running 8-8:45am (3 Lanes)	Lane Swim 7:45-9:10am (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 9:30-11:00am (3 Lanes)	Swim Lessons 9:30-11:10am			
Aquafit 9:15-10am		Aquafit 9:15-10m		Aquafit 9:15-10am		Aquafit 9:15-10am		Aquafit 9:15-10am		Swim Lessons 9am-12pm		Sensory Swim 11:15am-12pm Registration is required maximum of 30 participants				
Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro- therapy 12:15-1pm	Lane Swim 10:15-11:00am (5 Lanes)		Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro- therapy 12:15-1pm	Lane Swim 10:15-11:00am (5 Lanes)		Lane Swim 10:15am - 12:55pm (5 Lanes)	Hydro- therapy 12:15-1pm			Lane Swim 12-12:55pm (3 Lanes)		Lane Swim 12-12:55pm (5 Lanes)		
Lane Swim 1-3:25pm (3 Lanes)		Open Swim 1-3:25pm	Lane Swim 11:00am - 12:55pm (5 Lanes)	Swim Lessons 11:00-12:00pm		Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-3:25pm	Lane Swim 11:00am - 12:55pm (5 Lanes)		Swim Lessons 11:00-12:00pm	Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-3:25pm	Lane Swim 1-2pm (3 Lanes)	Birthday Party 1-2pm	Lane Swim 1-3pm (3 Lanes)	Birthday Party 1-3pm
	Lane Swim 1:00-2:00pm (3 Lanes)		Open Swim 1:00-2:00pm	Lane Swim 1-3:25pm (3 Lanes)	Open Swim 1-3:25pm			Aquafit 2:00-2:45p		Pool Closed for PD Day Camp Swims 1:00-2:00pm Oct 26 & Nov 27	Lane Swim 1-2pm (3 Lanes)	Birthday Party 1-2pm			Lane Swim 1-3pm (3 Lanes)	Birthday Party 1-3pm
	Lane Swim 2:50-3:30pm (5 Lanes)		Family Swim 3:00-4:30pm					Lane Swim 2:50-3:30pm (5 Lanes)	Family Swim 3:00-4:30pm							
Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm		Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Titans 3:30-5:30pm		Titans 3:30-5:30pm	Family Swim 3:30-4:30pm	Open Swim 2-4:30pm		Open Swim 3-4:30pm				
Swim Lessons 4:30-7:15pm		Swim Lessons 4:30-7:15pm		Swim Lessons 4:30-7pm		Swim Lessons 4:30-7:15pm		Swim Lessons 4:30-7:15pm								
Lane Swim 7:15-8:15 (2 Lanes)	Open Swim 7:15-8:15pm	Aquafit 7:15-8:00pm		Advanced Aquatics 7:00-9:15pm	Family Swim 7-8pm	Aquafit 7:15-8:00pm		Lane Swim 7:15-8:15pm (2 Lanes)	Open Swim 7:15-8:15pm							
Lane Swim 8:15-9:15 (5 Lanes)		Lane Swim 8:05-9:15pm (5 Lanes)			Lane Swim 8:00-9:15pm (1 Lane)	Lane Swim 8:05-9:15pm (5 Lanes)		Lane Swim 8:15-9:15 (3 Lanes)	Titans 8:15-9:15pm (3 Lanes)							
Therapy Pool 6am-12:15pm 1-4:30pm 7:15-9:15pm		Therapy Pool 6am-4:30pm 7:15-9:15pm		Therapy Pool 6-7:45am 8:15am-12:15pm 1-4:30pm 7:00-9:15pm		Therapy Pool 6am-4:30pm 7:15-9:15pm		Therapy Pool 6am-12:15pm 1-4:30pm 7:15-9:15pm		Therapy Pool 7:30am-4:30pm		Therapy Pool 8:30am-4:30pm				

Schedules are subject to change.

705-497-9622 | ymcaneco.ca

Pool Schedule

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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. 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.

***NEW* Sensory Swim (All Ages)**

This offers a low-stimulation aquatic experience designed for individuals who have sensory sensitivities or benefit from a quieter environment. With reduced noise, fewer distractions, and a smaller group size, participants can enjoy the pool in a calm, supportive setting at their own pace. **Pre-registration is required**, and attendance is limited to **30 participants** to help maintain a comfortable and sensory-friendly environment.

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