

## Aquatics Schedule – Lap Pool

Updated May 13th, 2026

Guide:

(B) Both Pools (R) Register Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Lane Swim</b> (5 Lanes) 5:30am-9:15am	<b>Lane Swim</b> (5 Lanes) 5:30am-10:30am	<b>Lane Swim</b> (5 Lanes) 5:30am-9:00am	<b>Lane Swim</b> (5 Lanes) 5:30am-9:00am	<b>Lane Swim</b> (5 Lanes) 5:30am-9:00am	<b>Lane Swim</b> (5 Lanes) 7:00am-8:00am	<b>Lane Swim</b> (5 Lanes) 7:00am-9:00am
<b>Shallow Aquafit</b> (R) (2 Lanes) 9:15am-10:00am	<b>Shallow Aquafit</b> (R) (2 Lanes) 10:30am-11:15am	<b>Public Swim</b> *Space limited 9:00am-11:00am	<b>Public Swim</b> *Spaces Limited 9:00am-11:00am	<b>Public Swim</b> *Spaces limited 9:00am-11:00am	<b>Shallow Aquafit</b> (R) (2 Lanes) 8:00pm-8:45pm	<b>L.I.T.</b> *Spaces Limited 8:00am-9:00am
<b>Public Swim</b> (3 lanes) 10:00am-4:00pm	<b>Public Swim</b> (3 lanes) 11:15am-4:30pm	<b>Shallow/Deep Aquafit</b> (R) (2 Lanes) 10:30am-11:15am	<b>Public Swim</b> (3 lanes) 11:00am-4:00pm	<b>Shallow Aquafit</b> (2 Lanes) 9:15am-10:00am	<b>L.I.T.</b> *Spaces Limited 8:00am-9:00am	<b>Swim Lessons (Pool Closed)</b> 9:00am-1:00pm
		<b>Public Swim</b> (3 lanes) 11:00am-4:00pm		<b>Public Swim</b> (3 lanes) 11:00am-4:00pm	<b>Swim Lessons (Pool Closed)</b> 9:00am-2:00pm	
<b>Afternoon/Evening</b>						
<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Swim Lessons</b> *Spaces Limited 4:30pm-7:30pm	<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Swim Lessons</b> *Spaces Limited 4:30pm-7:30pm	<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Swim Lessons</b> *Spaces Limited 2:00-3:00pm	<b>Private Booking (Pool Closed)</b> 1:00pm-3:00pm
<b>Public Swim</b> *Spaces Limited (B) 7:00pm-8:00pm	<b>Public Swim</b> (3 Lanes) 4:30pm-9:30pm	<b>Public Swim</b> *Spaces Limited (B) 7:00pm-7:30pm	<b>Public Swim</b> (3 Lanes) 7:30pm-9:30pm	<b>Public Swim</b> *Spaces Limited (B) 7:00pm-9:00pm	<b>L.I.T.</b> *Spaces Limited 1:00pm-8:00pm	<b>L.I.T.</b> *Spaces Limited 1:00pm-8:00pm
<b>Public Swim</b> (3 Lanes) 8:00pm-9:30pm		<b>Public Swim</b> (3 Lanes) 7:30pm-7:45pm		<b>Shallow Aquafit</b> (R) (1 Lane) 7:45pm-8:30pm	<b>Public Swim</b> (3 lanes) 2:00pm-8:30pm	<b>Public Swim</b> (3 Lanes) 3:00pm-8:30pm
		<b>Shallow Aquafit</b> (R) (2 Lanes) 7:45pm-8:30pm		<b>L.I.T.</b> *Spaces Limited 7:30pm-9:00pm		
		<b>Public Swim</b> (3 Lanes) 8:30pm-9:30pm		<b>Public Swim</b> (3 Lanes) 9:00pm-9:30pm		
For live updates and holiday schedules please check the website at <a href="http://www.ymcabc.ca">www.ymcabc.ca</a>						

<b>Lane Swim Etiquette</b>	2 or less members either line swim or circle swim is okay, but 3+ members circle swim is required. Speeds are up to each person's interpretation but if a member poses a safety risk due to the speed of their swimming versus the other members you may request that the swimmer switch lanes.
<b>Lane Swim</b>	Designated signs for speed (fast, medium, slow) will be placed for the patrons, and a minimum of 3 lanes are offered. If there are more than 5 people in each lane then the big lane will be split into 2 to create a total of 5 lanes.
<b>Shallow Aquafit</b>	Shallow water is medium intensity, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. All levels welcome. Registration required.
<b>Deep Aquafit</b>	Deep water is performed in water that submerges the body up to the neck. If you are not a swimmer and would like to try, the shallow side is also available. All levels welcome. Registration required.
<b>Public Swim</b>	During these times, the pool is configured to have one to three lanes for lane swim only, it is specified in the brackets during that time. Additional activities may occur in other areas of the pool.
<b>L.I.T.</b>	The lifeguard training program will be utilizing the pool space during these times; less space will be available to the public when these courses are taking place. Whistles and first aid situations may occur during these times, if that is the case look to the lifeguards that have red pinnies to look for clarification or further instructions.
<b>Swim Lessons</b>	When the schedule states "(Pool Closed)" that means all pools are closed for the entire time frame.
<b>Private Booking</b>	During this time the pool is closed to the public for an external booking.

Please Request access to the Rockwall, Flippers, and Water Features. Thank you!

## Aquatics Schedule – Warm Pool

Updated May 13th, 2026

Guide:

(B) Both Pools (R) Register Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Public Swim</b> 5:30am-4pm	<b>Public Swim</b> 5:30am-4:30pm	<b>Public Swim</b> 5:30am-9:00am	<b>Public Swim</b> 5:30am-9:00am	<b>Public Swim</b> 5:30am-9:00am	<b>Public Swim</b> 7:00am-9:00am	<b>Public Swim</b> 7:00am-8:00am
		<b>Public Swim</b> *Spaces Limited 9:00am-11am	<b>Public Swim</b> *Spaces Limited 9:00am-11am	<b>Public Swim</b> *Spaces Limited 9:00am-11am	<b>Swim Lessons (B)</b> <b>(Pool Closed)</b> 9:00am-2:00pm	<b>Aqua Yoga (R)</b> 8:00am-8:45am
		<b>Public Swim</b> 11am-4:00pm	<b>Public Swim</b> 11:00am-4:30pm	<b>Public Swim</b> 11:00am-4:00pm		<b>Swim Lessons (B)</b> <b>(Pool Closed)</b> 9:00am-1:00pm
<b>Afternoon/Evening</b>						
<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Public Swim</b> *Spaces Limited 4:30pm-7:30pm	<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm		<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Public Swim</b> *Spaces Limited 2:00pm-2:30pm	<b>Private Booking (Pool Closed)</b> 1:00pm-3:00pm
<b>Public Swim</b> *Spaces Limited 7:00pm-7:30pm	<b>Public Swim</b> 7:30pm-9:30pm	<b>Public Swim</b> *Spaces Limited 7:00pm-7:30pm	<b>Public Swim</b> *Spaces Limited 4:30pm-7:30pm	<b>Public Swim</b> *Spaces Limited 7:00pm-7:30pm	<b>Public Swim</b> 2:30pm-8:30pm	<b>Public Swim</b> 3:00pm-8:30pm
<b>Public Swim</b> 7:30pm-9:30pm		<b>Public Swim</b> 7:30pm-9:30pm	<b>Public Swim</b> 7:30pm-9:30pm	<b>Public Swim</b> 7:30pm-9:30pm	<b>L.I.T.</b> *Spaces Limited 2:30pm-6:00pm	<b>L.I.T.</b> *Spaces Limited 2:30pm-6:00pm
For live updates and holiday schedules please check the website at <a href="http://www.ymcabc.ca">www.ymcabc.ca</a>						

<b>Aqua Yoga</b>	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve your core, increase your range of motion, flexibility and balance. All levels welcome. Registration required.
<b>Swim Lessons</b>	When the schedule states "(Pool Closed)" that means all pools are closed for this time frame.
<b>Private Booking</b>	During this time the pool is closed to the public for an external booking.
<b>Public Swim</b>	During these times, the pool is configured to have one to three lanes for lane swim only, it is specified in the brackets during that time. Additional activities may occur in other areas of the pool.
<b>L.I.T.</b>	The lifeguard training program will be utilizing the pool space during these times; less space will be available to the public when these courses are taking place. Whistles and first aid situations may occur during these times, if that is the case look to the lifeguards that have red pinnies to look for clarification or further instructions.

Please Request access to the Rockwall, Flippers, and Water Features. Thank you!