



Bob Chan-Kent Family YMCA

Aquatics Schedule
Effective September 08 2026

Stat Holidays: Wed Sept 30, Monday Oct 12, Wed November 11 - No pool, swim lessons or programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning/Afternoon - Open to 4:00pm						
Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Closed	Closed
Aquafit 8:00am-9:00am	Aquafit 8:00am-8:45am	Aquafit 8:00am-9:00am	Aquafit 8:00am-8:45am	Aquafit 8:00am-9:00am	Open/Lane Swim 8:00am-9:00am	
Open/Lane Swim 9:05am-9:50am	Open/Lane Swim 9:05am-9:50am	Open/Lane Swim 9:05am-10:00am	Open/Lane Swim 9:05am-9:50am	Open/Lane Swim 9:05am-9:50am	Aquafit 9:15am-9:45am	
Gentle Aquafit 10:00am-10:30am	Aquafit 10:00am-10:45am	Adult Water Walking 10:00am-10:30am	Gentle Aquafit 10:00am-10:30am	Aquafit 10:00am-10:45am	Swim Lessons Only 10:00am – 2:30pm	
Open/Lane Swim 10:45am-2:00pm	Open/Lane Swim 11:00am-2:00pm	Open/Lane Swim 10:30am-2:00pm	Open/Lane Swim 10:45am-2:00pm	Open/Lane Swim 11:00am-2:00pm		Family Swim 12:30pm – 5:00pm
Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm		
Open/Lane Swim 2:30pm-4:00pm	Open/Lane Swim 2:30pm 4:00pm	Open/Lane Swim 2:30pm – 4:00pm	Open/Lane Swim 2:30pm 4:00pm	Open/Lane Swim 2:30pm – 4:00pm		
Evening – 4:00pm - Close						
Open/Lane Swim 4:00pm-7:00pm	Swim Lessons Only 4:00pm – 7:00pm	Swim Lessons & Open Swim + Hot Tub 4:00pm – 7:00pm	Swim Lessons Only 4:00pm – 7:00pm	Swim Lessons Only 4:00pm – 6:00pm	Open/Lane Swim 2:30pm – 6:00pm	Family Swim 12:30pm – 5:00pm
Aquafit 7:15pm – 8:00pm		Aquafit 7:15pm – 8:00pm	Aquafit 7:15pm – 8:00pm	Swim Lessons & Open Swim + Hot Tub 6:00pm – 7:00pm	Closed	Closed
Open/Lane Swim 8:00pm – 8:30pm	Open/Lane Swim 7:00pm – 8:30pm	Open/Lane Swim 8:00pm – 8:30pm	Open/Lane Swim 8:00pm – 8:30pm	Open/Lane Swim 7:00pm – 8:30pm		
Updated Aug 17, 2026						

Lane Swim Etiquette	Swim to the right side of the lane	When resting, please keep to the corner to allow others to use wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. As well as some roped lanes for lane swimming.				
Aquafit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.				
Swim Lessons Only	During this time our aquatic area is open only for swim lesson participants. Hot Tub is closed.				

Swim Lessons & Open Swim + Hot Tub	During this time some areas of our pool will be utilized for swimming lessons. The rest of the pool will be available for open swim, along with our hot tub.
Family Swim	During this time, we invite families. Children of any age are welcome into the pool at this designated time. Note: hot tub rules still apply