

Aquatics Schedule – Lap Pool

Updated September 2026

Guide:

(R) Register Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Lane Swim (5 Lanes Available) 5:30AM - 9:15AM	Lane Swim (5 Lanes Available) 5:30AM - 10:30AM	Lane Swim (5 Lanes Available) 5:30AM - 9:00AM	Lane Swim (5 Lanes Available) 5:30AM - 9:00AM	Lane Swim (5 Lanes Available) 5:30AM - 9:00AM	Lane Swim (5 Lanes Available) 7:00AM - 8:00AM	Lane Swim (5 Lanes Available) 7:00AM - 9:00AM
Shallow Aquafit (R) (2 Lanes Available) 9:15AM - 10:00AM	Shallow Aquafit (R) (2 Lanes Available) 10:30AM - 11:15AM	Public Swim *Space limited 9:00AM - 11:00AM	Public Swim *Space Shared 9:00AM - 11:00AM	Public Swim *Space Shared 9:00AM - 11:00AM	Shallow Aquafit (R) (2 Lanes Available) 8:00AM - 8:45AM	Lifeguard in Training *Space Shared 8:00AM - 9:00AM
Public Swim (3 Lanes Available) 10:00AM - 4:00PM	Public Swim (3 Lanes Available) 11:15AM - 4:30PM	Shallow/Deep Aquafit (R) (2 Lanes Available) 10:30AM - 11:15AM	Public Swim (3 Lanes Available) 11:00AM - 4:00PM	Shallow Aquafit (2 Lanes Available) 9:15AM - 10:00AM	Lifeguard in Training *Space Shared 8:00AM - 9:00AM	Swim Lessons (Pool Closed) 9:00AM - 1:00PM
		Public Swim (3 Lanes Available) 11:00AM - 4:00PM		Public Swim (3 Lanes Available) 11:00AM - 4:00PM	Swim Lessons (Pool Closed) 9:00AM - 2:00PM	
Afternoon/Evening						
Swim Lessons (Pool Closed) 4:00PM - 7:00PM	Swim Lessons *Space Shared 4:30PM - 7:30PM	Swim Lessons (Pool Closed) 4:00PM - 7:00PM	Swim Lessons *Space Shared 4:30PM - 7:30PM	Swim Lessons (Pool Closed) 4:00PM - 7:00PM	Swim Lessons *Space Shared 2:00PM - 3:00PM	Lifeguard in Training *Space Shared 1:00PM - 8:00PM
Public Swim *Space Shared (B) 7:00PM - 8:00PM	Public Swim (2 Lanes Available) 4:30PM - 9:30PM	Public Swim *Space Shared (B) 7:00PM - 7:30PM	Public Swim (2 Lanes Available) 7:30PM - 9:30PM	Lifeguard in Training *Space Shared 5:00PM - 9:00PM	Lifeguard in Training *Space Shared 2:00PM - 8:00PM	Private Booking (Pool Closed) 1:00PM - 3:00PM
Public Swim (2 Lanes Available) 8:00PM - 9:30PM		Shallow Aquafit (R) (2 Lanes Available) 7:45PM - 8:30PM		Public Swim *Space Shared (B) 7:00PM - 7:45PM	Public Swim (2 Lanes Available) 2:00PM - 8:30PM	Public Swim (2 Lanes Available) 1:00PM - 8:30PM
		Public Swim (2 Lanes Available) 8:30PM - 9:30PM		Shallow Aquafit (R) (2 Lanes Available) 7:45PM - 8:30PM		
				Public Swim (2 Lanes Available) 9:00PM - 9:30PM		
For live updates and holiday schedules please check the website at www.ymcabc.ca						

Aquatics Schedule – Warm Pool

Updated September 2026

Guide:

(R) Register Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Public Swim 5:30AM – 4:00PM	Public Swim 5:30AM – 4:30PM	Public Swim 5:30AM – 9:00AM	Public Swim 5:30AM – 9:00AM	Public Swim 5:30AM – 9:00AM	Public Swim 7:00AM – 9:00AM	Public Swim 7:00AM – 8:00AM
		Public Swim *Space Shared 9:00AM – 11AM	Public Swim *Space Shared 9:00AM – 11AM	Public Swim *Space Shared 9:00AM – 11AM	Lifeguard in Training *Space Shared 8:00AM – 9:00AM	Aqua Yoga (R) 8:00AM – 8:45AM
		Public Swim 11:00AM – 4:00PM	Public Swim 11:00AM – 4:30PM	Public Swim 11:00AM – 4:00PM	Swim Lessons (Pool Closed) 9:00AM – 2:00PM	Lifeguard in Training *Space Shared 8:00AM – 9:00AM
						Swim Lessons (Pool Closed) 9:00AM – 1:00PM
Afternoon/Evening						
Swim Lessons (Pool Closed) 4:00PM – 7:00PM	Public Swim *Space Shared 4:30PM – 7:30PM	Swim Lessons (Pool Closed) 4:00PM – 7:00PM	Public Swim *Space Shared 4:30PM – 7:30PM	Swim Lessons (Pool Closed) 4:00PM – 7:00PM	Public Swim *Space Shared 2:00PM – 3:00PM	Private Booking (Pool Closed) 1:00PM – 3:00PM
Public Swim *Space Shared 7:00PM – 7:30PM	Public Swim 7:30PM – 9:30PM	Public Swim *Space Shared 7:00PM – 7:30PM	Public Swim 7:30PM – 9:30PM	Lifeguard in Training *Space Shared 5:00PM – 9:00PM	Lifeguard in Training *Space Shared 2:00PM – 8:00PM	Lifeguard in Training *Space Shared 1:00PM – 8:00PM
Public Swim 7:30PM – 9:30PM		Public Swim 7:30PM – 9:30PM		Public Swim *Space Shared 7:00PM – 7:30PM	Public Swim 3:00PM – 8:30PM	Public Swim 1:00PM – 8:30PM
				Public Swim 7:30PM – 9:30PM		
For live updates and holiday schedules please check the website at www.ymcabc.ca						

Aqua Yoga	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.
Swim Lessons	When the schedule states "(Pool Closed)" that means all pools are closed for this time frame.
Public Swim	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.
Lifeguard in Training	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.
Lane Swim Etiquette	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 ask a lifeguard for assistance.
Lane Swim	Designated signs for speed (fast, medium, slow) will be placed for the patrons, and a minimum of 2 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.
Shallow Aquafit	Shallow water is medium intensity, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. All levels welcome. Registration required.
Deep Aquafit	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.