

Aquatics Schedule effective September 3rd

Stat Holiday September 2nd, September 30th, October 14th, November 11th, December 25th and December 26th

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|---|--|--------|
| Open/Lane swim 6:30am - 8:00am | Open/Lane swim 6:30am - 8:00am | Open/ Lane Swim 6:30am - 8:00am | Open/Lane swim 6:30am - 8:00am | Open/Lane Swim 6:30am-8:00am | | |
| Y Aquafit 8:00am - 9:00am | Y Aquafit 8:00am - 8:45am | Y Aquafit 8:00am - 9:00am | Y Aquafit 8:00am - 8:45am | Y Aquafit 8:00am - 9:00am | Open/Lane swim 8:00am - 9:00am | |
| Open/Lane Swim 9:00am - 10:00am | Open/Lane Swim 9:00am - 9:45am | Open/Lane Swim 9:00am-9:30am | Open/Lane Swim 9:00am - 10:00am | Open/Lane Swim 9:00am-2:00pm | Aquafit 9:00am - 9:45am | |
| Adult Water Walking 10:00am - 10:30am | Y Aquafit 10:00am - 10:45am | Swim Lessons / 1 Lane and Hot Tub 9:30am - 11:00am | Y Gentle Aquafit 10:00am - 10:30am | | Swimming Lessons Only 10:00am - 3:00pm | |
| Open/Lane Swim 10:30am - 7:00pm | Open/Lane Swim 10:45am - 4:00pm | Open/Lane Swim 11:00am - 2:00pm | Open/Lane Swim 10:30am - 4:00pm | | | |
| | | 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 | | | |
| | Swimming Lessons Only 4:00pm - 7:00pm | Swim Lessons / 1 Lane and Hot Tub 4:00pm - 7:00pm | Swimming Lessons Only 4:00pm - 7:00pm | Swim Lessons / 1 Lane and Hot Tub 4:00pm - 7:00pm | Open/Lane Swim 3:00pm - 6:00pm | |
| | Aquafit 7:15pm-8:00pm | Aquafit 7:15pm-8:00pm | Aquafit 7:15pm-8:00pm | Open/Lane Swim 7:00pm - 8:30pm | Facility closed at 7pm | |
| 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 | | | |
| Please note: Lifeguard courses may occur in the pool area anytime. | | | | BCK YMCA - Update: Aug 14, 2024 | | |
| Pre-registration on Y app for classes recommended. Ask membership staff for more details. | | ** 1 lanes available, the other 4 lanes are reserved for swim lessons | Open/Lane Swim Non-members pay drop in fee | | Swim lessons members only | |