

Aquatics Schedule effective November 1st

Stat Holiday 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	Y 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			
Open/Lane Swim 10:30am - 7:00pm	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	Family Swim 12:30pm - 5:00pm
	Y Aquafit 7:15pm-8:00pm	Open/Lane Swim 7:00pm - 8:30pm	Open/Lane Swim 7:00pm-8:30pm	Y Aquafit 7:15pm-8:00pm	Open/Lane Swim 7:00pm - 8:30pm	
Open/Lane Swim 8:00pm-8:30pm	Open/Lane Swim 8:00pm-8:30pm			Open/Lane Swim 8:00pm-8:30pm		Open/Lane Swim 7:00pm - 8:30pm
Please note: Lifeguard courses may occur in the pool area anytime.				BCK YMCA - Update: Oct 20 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