

## Aquatics Schedule

Updated February 2, 2025

Guide:

(LP) Lap Pool · (WP) Warm Pool · (R) Register Only · (B) Both

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Lane Swim (LP)</b> (5 Lanes) 5:30am-9:15am	<b>Lane Swim (LP)</b> (5 Lanes) 5:30am-10:30am	<b>Lane Swim (LP)</b> (5 Lanes) 5:30am-9:00am	<b>Lane Swim (LP)</b> (5 Lanes) 5:30am-9:00am	<b>Lane Swim (LP)</b> (5 Lanes) 5:30am-9:00am	<b>Lane Swim (LP)</b> (5 Lanes) 7:00am-9:00am	<b>Lane Swim (LP)</b> (5 Lanes) 7:00am-9:00am
<b>Public Swim (WP)</b> 5:30am-4:00pm	<b>Public Swim (WP)</b> 5:30am-1:00pm	<b>Public Swim (WP)</b> 5:30am-9:00am	<b>Public Swim (WP)</b> 5:30am-9:00am	<b>Public Swim (WP)</b> 5:30am-9:00am	<b>Public Swim (WP)</b> 7:00am-9:00am	<b>Public Swim (WP)</b> 7:00am-8:00am
<b>Y Shallow Aquafit (LP) (R)</b> (2 Lanes) 9:15am-10:00am	<b>Y Shallow Aquafit (LP) (R)</b> (2 Lanes) 10:30am-11:15am	<b>Swim Lessons</b> *Spaces Allocated (B) 9:00am-11:00am	<b>Swim Lessons</b> *Spaces Allocated (B) 9:00am-11:00am	<b>Y Deep Aquafit (LP) (R)</b> (2 Lanes) 9:15am-10:00am	<b>L.I.T.</b> *Spaces Allocated (B) 8:00am-5:00pm	<b>Aqua Yoga (WP) (R)</b> 8:00am-8:45am
<b>Public Swim (LP)</b> (3 Lanes) 10:00am-4:00pm	<b>Public Swim (LP)</b> (3 Lanes) 11:15am-4:30pm	<b>Y Shallow / Deep Aquafit (LP) (R)</b> (2 Lanes) 10:30am-11:15am	<b>Public Swim (LP)</b> (3 Lanes) 11:00am-4:30pm	<b>Swim Lessons</b> *Spaces Allocated (B) 9:00am-11:00am	<b>Swim Lessons (B)</b> (Pool Closed) 9:00am-2:00pm	<b>L.I.T.</b> *Spaces Allocated (B) 8:00am-5:00pm
		<b>Public Swim (WP)</b> 11:00am-4:00pm	<b>Public Swim (WP)</b> (3 Lanes) 11:00am-4:30pm	<b>Public Swim (LP)</b> (3 Lanes) 11:00am-4:00pm		<b>Swim Lessons (B)</b> (Pool Closed) 9:00am-1:00pm
		<b>Public Swim (LP)</b> (3 Lanes) 11:15-4:00pm		<b>Public Swim (WP)</b> 11:00am-4:00pm		
<b>Afternoon</b>						
<b>Swim Lessons (B)</b> (Pool Closed) 4:00pm-7:00pm	<b>Water / Rehab Walking (WP)</b> 1:00pm-2:00pm	<b>Swim Lessons (B)</b> (Pool Closed) 4:00pm-7:00pm	<b>Swim Lessons</b> *Spaces Allocated (B) 4:30pm-7:00pm	<b>Swim Lessons (B)</b> (Pool Closed) 4:00pm-7:00pm	<b>Public Swim (WP)</b> 2:00pm-8:30pm	<b>Private Booking (B)</b> (Pool Closed) 1:00pm-3:00pm
	<b>Public Swim (WP)</b> 2:00pm-4:30pm			<b>L.I.T.</b> *Spaces Allocated 4:00pm-8:00pm	<b>Y Shallow Aquafit (LP) (R)</b> (2 Lanes) 1:45pm-2:30pm	<b>Public Swim (LP)</b> (3 Lanes) 3:00pm-8:30pm
	<b>Swim Lessons</b> *Spaces Allocated (B) 4:30pm-7:00pm				<b>Public Swim (LP)</b> (3 Lanes) 2:30pm-8:30pm	<b>Public Swim (WP)</b> 3:00pm-8:30pm
<b>Evening</b>						
<b>Public Swim (LP)</b> (3 Lanes) 7:00pm-9:30pm	<b>Public Swim (LP)</b> (3 Lanes) 7:00pm-9:30pm	<b>Public Swim (LP)</b> (3 Lanes) 7:00pm-9:30pm	<b>Public Swim (LP)</b> (3 Lanes) 7:00pm-9:30pm	<b>Public Swim (WP)</b> 7:00pm-9:30pm		
<b>Public Swim (WP)</b> 7:00pm-9:30pm	<b>Public Swim (WP)</b> 7:00pm-9:30pm	<b>Public Swim (WP)</b> 7:00pm-9:30pm	<b>Public Swim (WP)</b> 7:00pm-9:30pm	<b>Y Shallow Aquafit (R) (LP)</b> (1 Lane) 7:45pm-8:30pm		
				<b>Public Swim (LP)</b> (3 Lanes) 8:30pm-9:30pm		

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For live updates and holiday schedules please check the website at [www.gv.ymca.ca](http://www.gv.ymca.ca)

<b>Lane Swim Etiquete</b>	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the 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
<b>Lane Swim</b>	During these times, the pool is configured for lane swim only. Offering up to five lanes to swim in.				
<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>Aquafit</b>	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. Registration required.				
<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.				
<b>Swim Lessons</b>	During this time all ages and levels practice their swimming. Certain days the pool is closed due to swim lessons so ensure that the pool is open before arriving.				
<b>Private Booking</b>	During this time the pool is closed to the public for an external booking.				