

Aquatics Schedule

Updated March 1st, 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Lane Swim (LP) (5 Lanes) 5:30am-9:15am	Lane Swim (LP) (5 Lanes) 5:30am-10:30am	Lane Swim (LP) (5 Lanes) 5:30am-9:00am	Lane Swim (LP) (5 Lanes) 5:30am-9:00am	Lane Swim (LP) (5 Lanes) 5:30am-9:00am	Lane Swim (LP) (5 Lanes) 7:00am-9:00am	Lane Swim (LP) (5 Lanes) 7:00am-9:00am
Public Swim (WP) 5:30am-4:00pm	Public Swim (WP) 5:30am-1:00pm	Public Swim (WP) 5:30am-9:00am	Public Swim (WP) 5:30am-9:00am	Public Swim (WP) 5:30am-9:00am	Public Swim (WP) 7:00am-9:00am	Public Swim (WP) 7:00am-8:00am
Shallow Aquafit (LP) (R) (2 Lanes) 9:15am-10:00am	Shallow Aquafit (LP) (R) (2 Lanes) 10:30am-11:15am	Swim Lessons *Spaces Allocated (B) 9:00am-11:00am	Swim Lessons *Spaces Allocated (B) 9:00am-11:00am	Aqua Yoga (LP) (R) (2 Lanes) 9:15am-10:00am	L.I.T. *Spaces Allocated (B) 8:00am-5:00pm	Aqua Yoga (WP) (R) (R) 8:00am-8:45am
Public Swim (LP) (3 Lanes) 10:00am-4:00pm	Public Swim (LP) (3 Lanes) 11:15am-4:30pm	Shallow/Deep Aquafit (LP) (R) (2 Lanes) 10:30am-11:15am	Public Swim (LP) (WP) (3 Lanes) 11:00am-4:30pm	Swim Lessons *Spaces Allocated (B) 9:00am-11:00am	Swim Lessons (B) (Pool Closed) 9:00am-2:00pm	L.I.T. *Spaces Allocated (B) 8:00am-5:00pm
		Public Swim (WP) 11:00am-4:00pm		Public Swim (LP) (3 Lanes) 11:00am-4:00pm		Swim Lessons (B) (Pool Closed) 9:00am-1:00pm
		Public Swim (LP) (3 Lanes) 11:15-4:00pm		Public Swim (WP) 11:00am-4:00pm		
Afternoon/Evening						
Swim Lessons (B) (Pool Closed) 4:00pm-7:00pm	Water / Rehab Walking (WP) 1:00pm-2:00pm	Swim Lessons (B) (Pool Closed) 4:00pm-7:00pm	Swim Lessons *Spaces Allocated (B) 4:30-pm-7:00pm	Swim Lessons (B) (Pool Closed) 4:00pm-7:00pm	Public Swim (WP) 2:00pm-8:30pm	Private Booking (B) (Pool Closed) 1:00pm-3:00pm
	Public Swim (WP) 2:00pm-4:30pm			L.I.T. *Spaces Allocated 4:00pm-8:00pm	Shallow Aquafit (LP) (R) (2 Lanes) 1:45pm-2:30pm	Public Swim (LP) (3 Lanes) 3:00pm-8:30pm
	Swim Lessons *Spaces Allocated (B) 4:30-pm-7:00pm			Public Swim (WP) 7:00pm-9:30pm	Public Swim (LP) (3 Lanes) 2:30pm-8:30pm	Public Swim (WP) 3:00pm-8:30pm
Public Swim (LP) (3 Lanes) 7:00pm-9:30pm	Public Swim (LP) (3 Lanes) 7:00pm-9:30pm	Public Swim (LP) (3 Lanes) 7:00pm-9:30pm	Public Swim (LP) (3 Lanes) 7:00pm-9:30pm	Shallow Aquafit (R) (LP) (1 Lane) 7:45pm-8:30pm		
Public Swim (WP) 7:00pm-9:30pm	Public Swim (WP) 7:00pm-9:30pm	Public Swim (WP) 7:00pm-9:30pm	Public Swim (WP) 7:00pm-9:30pm	Public Swim (LP) (3 Lanes) 8:30pm-9:30pm		
Updated on March 1st, 2025						
For live updates and holiday schedules please check the website at www.gv.ymca.ca						

Lane Swim Etiquette	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
Lane Swim	During these times, the pool is configured for lane swim only. Offering up to five lanes to swim in.				
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.				
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. Registration required.				
L.I.T.	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.				
Swim Lessons	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.				
Private Booking	During this time the pool is closed to the public for an external booking.				