

Aquatics Schedule effective March 31st, 2025

Stat Holidays: April 18th, April 21st, May 19th - No Group Fitness Classes, Pool or Programs

| 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 | Family Swim 12:30pm - 5:00pm |
| | | 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 - 6:00pm | | |
| 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 6:00pm - 8:30pm | Facility closes at 7pm | Facility closes at 7pm | |
| Open/Lane Swim 8:00pm-8:30pm | | | Open/Lane Swim 8:00pm-8:30pm | | | | |
| <i>Please note: Lifeguard courses may occur in the pool area anytime.</i> | | | | UPDATED SPRING 2025 | | | |
| 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 | | |