

MONDAY										
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
6:00 AM	Open Gym 6:00am-4:15pm					Lane Swim 6:00am-9:00am				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM							CardioFit- Studio B 8:15am-9:00am			
8:30 AM										
9:00 AM			Drop In Pickleball 9:00am-11:45am		Child Minding 9:00am-10:15am			AquaFit 9:15am-10:00am	Open Swim 9:00am-11:45am	
9:30 AM										
10:00 AM							Child Minding 10:30am-11:45am	Balance+ - Studio B 10:15am-11:00am		
10:30 AM							Yoga-Studio A 10:30am-11:30am	Water Walking/Lane Swim 10:15am-12:15pm		
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM		Closed for Cleaning 12:00-1:00			Cyclefit- Studio C 12:15pm-1:00pm		Splasher Bubbler 12:00pm- 12:30pm			
1:00 PM		Drop In Basketball 1:00pm-4:45pm				Lane Swim 10:15am- 3:45pm	Open Swim 12:45pm-3:45pm			
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM	Soccer Level 1 (6-9yrs) - Single Gym A - 4:30pm-5:30pm				Kids Yoga (6-12yrs) 4:30pm- 5:30pm - Meeting Room B					
5:00 PM										
5:30 PM	Pickleball (10-14yrs)- 5:45-6:45pm - Single Gym		Drop in Badminton 5:00pm-8:00pm		Kids Yoga (3-5yrs) 5:45pm- 6:30pm - Meeting Room B				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
6:00 PM										
6:30 PM						Strength & Conditioning Studio B- 5:45pm-6:30pm				
7:00 PM										
7:30 PM					Yoga - Studio A 6:45pm- 7:45pm					
8:00 PM	Open Gym 7:00pm-9:30pm					Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm			
8:30 PM			Drop In Basketball 8:00pm-9:45pm		ViPR - Studio B 6:45pm- 7:30pm					
9:00 PM										
9:30 PM										
10:00 PM										

TUESDAY										
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
6:00 AM	Open Gym 6:00am-10:45am					Lane Swim 6:00am-9:00am				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM							Musclefit- Studio B 8:15am-9:00am			
8:30 AM										
9:00 AM			Drop In Pickleball 9:00am-11:45am					Hydrotherapy 9:15am-10:00am	Open Swim 9:00am-3:45pm	
9:30 AM										Adult- Learn to Swim 10:30-11:15am
10:00 AM										Adult Learn to Swim 11:15pm- 12:00pm
10:30 AM							Yoga - Studio A 10:30am-11:30am			
11:00 AM	Drop in Volleyball 11:00am- 1:00pm									
11:30 AM										
12:00 PM		CLOSED for Cleaning 12:00-1:00								
12:30 PM				Child Minding - Youth Zone 12:00pm-1:15pm						
1:00 PM					Healthy Hearts- Studio B 12:30pm-2:00pm					
1:30 PM	Open Gym 1:15pm-3:45pm					Lane Swim 10:15am-3:45pm				
2:00 PM				Child Minding - Youth Zone 1:30pm-2:45pm						
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM		Drop in Pickleball 4:00pm-7:00pm				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm			
4:30 PM	Y.E.S Program 4:00-5:45							ViPR for Golf- Studio B *starting April 14 - 6:00-6:45		
5:00 PM										
5:30 PM								Move Fit - Studio B 5:15pm-6:00pm		
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm									
6:30 PM										
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm									
7:30 PM		Drop In Volleyball 7:30pm-9:45pm				Adult Learn to Swim 7:45pm- 8:30pm	Open Swim 7:45pm-9:30pm			
8:00 PM										
8:30 PM	Open Gym 8:00pm-9:30pm					Yoga-Studio A 6:15pm-7:15pm				
9:00 PM								Lane Swim/ Open Swim 7:45pm-9:45pm		
9:30 PM										
10:00 PM										

WEDNESDAY										
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
6:00 AM	Open Gym 6:00am-4:00pm					Lane Swim 6:00-9:00				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM			Drop in Pickleball 9:00am-11:45am		Child Minding - Youth Zone 9:00am-10:15am		Pilates-Studio B 9:30am-10:15am	Aquafit 9:15am-10:00am	Open Swim 9:00am-3:45pm	
10:00 AM								Water Walking/Lane Swim 10:15am-12:15pm		
10:30 AM							Child Minding - Youth Zone 10:30am-11:45am	Yoga - Studio A 10:30am-11:30am		
11:00 AM										
11:30 AM										
12:00 PM		CLOSED for Cleaning 12:00-1:00								
12:30 PM										
1:00 PM					Cyclefit - Studio C 12:15pm-1:00pm	Lane Swim 10:15am-3:45pm				
1:30 PM		Drop in Badminton 1:00pm-3:45pm								
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM	Soccer (10-12yrs) - 4:30-5:30pm Single Gym A	Drop In Soccer 4:00pm-6:45pm	Youth Fusion- Gym B 4:00pm-5:00pm			Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm			
5:00 PM	Floor Hockey (6-9yrs) - 4:30-5:30pm Single Gym B									
5:30 PM	Basketball Level 1 (6-9yrs) - 5:45-6:45pm Single Gym A		NXT Program Drop In- Gym B 5:00pm-6:00pm					VIPIR - Studio B 5:30pm-6:15pm		
6:00 PM	Floor Hockey (10-12yrs) - 5:45-6:45pm Single Gym B									
6:30 PM					Yoga - Studio A 6:30pm-7:30pm					
7:00 PM										
7:30 PM		Pickup Basketball- Double Gym A 7:00pm-9:00pm ages 15+	Pickup Youth Basketball- 7:00pm-9:00pm ages 10-14							
8:00 PM	Drop in Volleyball 7:00pm-9:30pm					Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm			
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

THURSDAY											
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL				
6:00 AM	Open Gym 6:00am-11:45am					Lane Swim 6:00-9:00					
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM							Core & Conditioning- Studio B- 8:15am-9:00am				
9:00 AM			Drop in Pickleball 9:00am-11:45am				Healthy Hearts- Mezz 9:00-10:30	Hydrotherapy 9:15am- 10:00am	Open Swim 9:00am- 3:45pm		
9:30 AM											
10:00 AM								Gentlefit - Studio B 10:15am-11:00am			
10:30 AM								Yoga - Studio A 10:30am-11:30am			
11:00 AM											
11:30 AM											
12:00 PM		Closed for Cleaning 12:00pm-1:00pm									
12:30 PM	Drop in Volleyball 12:00pm-2:00pm				Healthy Hearts- Studio B 12:30pm-2:00pm	Lane Swim 10:15am-3:45pm					
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM	Open Gym 2:15pm-4:15pm										
3:30 PM											
4:00 PM											
4:30 PM	Soccer (3-5yrs) - 4:30-5:15pm Single Gym A	Drop in Pickleball 4:00pm-7:00pm		Discovery Den (6-9yrs) 4:30pm-5:30pm	Strength & Conditioning Studio B 5:15pm-6:00pm	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm				
5:00 PM	Basketball Level 1 (10-12yrs) - 4:30-5:30pm Single Gym B										
5:30 PM	Basketball (3-5yrs) - 5:30pm- 6:15pm Single Gym A				Discovery Den (10-12yrs) 5:45pm-6:45pm			Yoga Fundamentals- Studio A 6:15pm-7:15pm			
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM	Open Gym 6:30pm-9:30pm										
8:00 PM											
8:30 PM			Drop In Soccer 7:30pm-9:45pm				Lane Swim/ Open Swim 7:45pm-9:45pm	Lane Swim/ Open Swim 7:45pm-9:30pm			
9:00 PM											
9:30 PM											
10:00 PM											

**FRIDAY**

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
6:00 AM	Open Gym 6:00-10:00					Lane Swim 6:00-9:00		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM		Drop In Pickleball 9:00-11:45		Child Minding- Youth Zone 9:00am-10:15am	Pilates- Studio B 9:30am-10:15am	AquaFit 9:15am-10:00am	Open Swim 9:00am-3:45pm	
9:30 AM								
10:00 AM								
10:30 AM	Walkfit 10:15am-11:15am			Child Minding- Youth Zone 10:30am-11:45am	Yoga- Studio A 10:30am-11:30am	Lane Swim 10:15am-12:30pm		
11:00 AM								
11:30 AM	Open Gym 11:30am-5:45pm							
12:00 PM			Closed for Cleaning 12:00pm- 1:00pm					
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM			Drop In Soccer 1:15pm-4:15pm				Lane Swim/ Open Swim 12:30pm-3:45pm	
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM						Swimming Lessons 4:00pm- 6:15pm	Swim Lessons 4:00pm- 6:15pm	
5:30 PM								
6:00 PM								
6:30 PM	Youth Leadership Development - 10-18yrs 6:00-8:00	Drop In Badminton 4:30pm-9:30pm		Youth Leadership Development 6:00-8:00		Adult- Learn to Swim 6:30pm-7:15pm	Open Swim 6:30pm-9:00pm	
7:00 PM						Adult- Learn to Swim 6:30pm-7:15pm		
7:30 PM								
8:00 PM							Open Swim 6:30pm- 9:15pm	
8:30 PM	Open Gym 8:15pm-9:30pm							
9:00 PM								
9:30 PM								
10:00 PM								

**SATURDAY**

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
7:00 AM		Open Gym 7:00am-8:45am							
7:30 AM									
8:00 AM							Lane Swim 7:15-8:30am		
8:30 AM									
9:00 AM	Family Open Gym 9:00am-9:45am	Drop In Pickleball 9:00am-11:30am			Strength & Conditioning- Studio B- 9:00am-9:45am	Swim Lessons 8:45am-1:00pm	Swim Lessons 8:45am-1:00pm		
9:30 AM									
10:00 AM	Karate Fundamentals-6- 12yrs 10:00am-10:45am				Discovery Den (3-5yrs) 10:00am-10:45am			Yoga- Studio A 10:00am-11:00am	
10:30 AM	Karate Fundamentals-6- 12yrs 11:00am-11:45am								
11:00 AM	Karate- Advanced-6-12yrs 12:00pm-12:45pm	Family Pickleball 11:30am-12:30pm							
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM	Birthday Parties 1:15pm-3:00pm	Drop In Badminton- Gym A 1:00-3:30pm	Drop In Basketball- Gym B 1:00pm-3:30pm	Birthday Parties 1:00pm-3:00pm					
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM	Open Gym 3:15pm-7:30pm								
4:00 PM									
4:30 PM			Drop in Soccer 3:45pm-5:45pm				Lane Swim/ Open Swim 1:15-7:30	Open Swim 1:15-7:00	
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM		Drop In Basketball 6:00pm-7:45pm							
7:00 PM									
7:30 PM									
8:00 PM									

Registered Programs
  Open Gym/ Open Swim
  Drop In Recreational Sports
  Drop In Group Fitness
  Registered Aquatic Leadership Programs



SUNDAY								
	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00am-10:00am					Lane Swim 8:00-8:45am	Open Swim 9:00am-5:30pm	
8:30 AM								
9:00 AM								
9:30 AM	Karate Fundamentals 6-12yrs 10:00am-10:45am	Drop In Pickleball 9:00am-11:30am			Cyclefit-Studio C 9:00am-9:45am	Aquafit 9:00-9:45		
10:00 AM								
10:30 AM								
11:00 AM	Karate Fundamentals 6-12yrs 11:00am-11:45am	Family Pickleball 11:30am-12:30pm			Yoga - Studio A 10:00am-11:00am	Private Swim Lessons 10:00am-12:15pm		
11:30 AM								
12:00 PM	Open Gym 12:00pm-12:45pm							Teen Lessons 12:20pm-1:05pm
12:30 PM	Birthday Parties 1:00pm-3:00pm	Learn to Play Volleyball- 1:00pm-2:00pm		Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 10:00am-5:30pm		
1:00 PM								
1:30 PM								
2:00 PM	Open Gym 3:15pm-5:30pm	Drop In Volleyball 2:30pm-5:30pm	Youth Drop In Volleyball ages 10-15yrs 2:30pm-5:30pm					
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

Spring 2026 - Limited Pool Space Notice

For the following dates and programs, the pool will remain open however there will be limited space. With the Aquatics courses, they will be using whistles so the deck will be louder than normal as well.

School Visits - April 28, 29, 30, May 27, 28, 29, June 5, 18, 19, 22 from 12:00pm to 1:00pm.

Aquatics Courses - Bronze Cross - May 23<sup>rd</sup>, 24<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> 12:00pm-5:00pm, National Lifeguard - June 26<sup>th</sup> to 30<sup>th</sup> 9:00am-5:30pm

**FACILITY HOURS** \*Effective Monday May 4<sup>th</sup>, 2026

Mon-Thurs: 5:30 am - 10:00pm

Fri: 5:30 am - 10:00pm

Sat: 7:00 am - 8:00 pm

Sun: 8:00 am - 6:00 pm

Holidays: 8:00 am - 2:00 pm

Sauna & whirlpool closed during Swim Lessons Whirlpool closed second Tuesday of each month for cleaning. Pool closes 30 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

**SWIM ADMISSION CRITERIA**

**Children ages 0 – 6:**

An adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children, or 1 adult to 4 children if all children are in lifejackets.

**Children ages 7 – 9:**

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.

**Youth and adults 10 years and over:**

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

**What is the Facility Swim Test?**

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim one (1) length of continuous front crawl from shallow to deep end in the Lap pool, then tread water for 30 seconds

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant’s safety.