

# Aquatics Schedule effective May 2024

Stat Holiday May 20th: Pool Closed

| MONDAY  | TUESDAY                                     | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                                     | SUNDAY                          |
|---|---|--|---|---|--|---------------------------------|
| Open/Lane swim<br>6:30am - 8:00am   | Open/Lane swim<br>6:30am - 8:00am           | Open/ Lane Swim<br>6:30am - 8:00am                       | Open/Lane swim<br>6:30am - 8:00am   | Open/Lane Swim<br>6:30am-8:00am                         |  |                                 |
| Y Aquafit<br>8:00am - 9:00am  | Y Aquafit<br>8:00am - 8:45am                | Y Aquafit<br>8:00am - 9:00am                             | Y Aquafit<br>8:00am - 8:45am  | Y Aquafit<br>8:00am - 9:00am                            | Open/Lane swim<br>8:00am - 9:00am            |                                 |
| Open/Lane Swim<br>9:00am - 10:00am  | Open/Lane Swim<br>9:00am - 9:45am           | Open/Lane Swim<br>9:00am-9:30am                          | Open/Lane Swim<br>9:00am - 10:00am  | Open/Lane Swim<br>9:00am-2:00pm                         | Aquafit<br>9:00am - 9:45am                   |                                 |
| Adult Water Walking<br>10:00am - 10:30am  | Y Aquafit<br>10:00am - 10:45am              | Swim Lessons / 1<br>Lane and Hot Tub<br>9:30am - 11:00am | Y Gentle Aquafit<br>10:00am - 10:30am                                       |   | Swimming Lessons<br>Only 10:00am -<br>3:00pm |                                 |
| Open/Lane Swim<br>10:30am - 7:00pm  | Open/Lane Swim<br>10:45am - 4:00pm          | Open/Lane Swim<br>11:15am - 2:00pm                       | Open/Lane Swim<br>10:30am - 4:00pm  | Adult Water Walking<br>2:00pm - 2:30pm                  | Open/Lane Swim<br>3:00pm - 4:30pm            | Family Swim<br>12:30pm - 5:00pm |
|   | Swimming Lessons<br>Only<br>4:00pm - 7:00pm | Swim Lessons / 1<br>Lane and Hot Tub<br>4:00pm - 7:00pm  | Swimming Lessons<br>Only<br>4:00pm - 7:00pm                                 | Swim Lessons / 1<br>Lane and Hot Tub<br>4:00pm - 6:00pm |  |                                 |
| Aquafit<br>7:15pm-8:00pm  | Open/Lane Swim<br>7:00pm - 8:30pm           | Aquafit<br>7:15pm-8:00pm                                 | Aquafit<br>7:15pm-8:00pm  | Open/Lane Swim<br>6:00pm - 8:30pm                       | Facility closed at<br>7pm                    | Facility closed at<br>7pm       |
| Open/Lane Swim<br>8:00pm-8:30pm   |   | Open/Lane Swim<br>8:00pm-8:30pm                          | Open/Lane Swim<br>8:00pm-8:30pm   |   |  |                                 |
| <b>Please note: Lifeguard courses may occur in the pool area anytime.</b>                 |   |  |   | BCK YMCA - Update: April 21st 2024                      |  |                                 |
| Pre-registration on Y app for classes recommended. Ask membership staff for more details. |   |  | **<br>1 lanes available,<br>the other 4 lanes are reserved for swim lessons | Open/Lane Swim<br>Non-members pay drop in fee           |  | Swim lessons members only       |