

Aquatics Summer Schedule – Lap Pool

Updated June 20th, 2025

Guide:

(R) Register Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Lane Swim (5 Lanes) 5:30am-8:00am	Lane Swim (5 Lanes) 5:30am-8:00am	Lane Swim (5 Lanes) 5:30am-8:00am	Lane Swim (5 Lanes) 5:30am-8:00am	Lane Swim (5 Lanes) 5:30am-8:00am	Lane Swim (5 Lanes) 7:00am-9:00am	Lane Swim (5 Lanes) 7:00am-9:00am
Public Swim (3 lanes) 8:00am-9:00am	Public Swim (3 lanes) 8:00am-9:00am	Public Swim (3 lanes) 8:00am-9:00am	Public Swim (3 lanes) 8:00am-9:00am	Public Swim (3 lanes) 8:00am-9:00am	L.I.T. *Spaces Allocated 8:00am-12:00pm	L.I.T. *Spaces Allocated 8:00am-12:00pm
L.I.T. *Spaces Allocated 8:00am-12:00pm	L.I.T. *Spaces Allocated 8:00am-12:00pm	L.I.T. *Spaces Allocated 8:00am-12:00pm	L.I.T. *Spaces Allocated 8:00am-12:00pm	L.I.T. *Spaces Allocated 8:00am-12:00pm	Swim Lessons (Pool Closed) 9:00am-2:00pm	Swim Lessons (Pool Closed) 9:00am-1:00pm
Shallow Aquafit (R)(2 Lanes) 9:15am-10:00am	Swim Lessons *Spaces Allocated 9:00am-12:30pm	Summer Kids July 7th-August 22nd 9:30am-11:30am	Swim Lessons *Spaces Allocated 9:00am-12:30pm	Swim Lessons *Spaces Allocated 9:00am-12:30pm		
Summer Kids July 7th-August 22nd 9:30am-11:30am	Shallow Aquafit (R) (2 Lanes) 10:30am-11:15am	Shallow/Deep Aquafit (R) (2 Lanes) 10:30am-11:15am	Public Swim (3 lanes) 12:00pm-4:00pm	Aqua Yoga (R) (2 Lanes) 9:15am-10:00am		
Public Swim (3 lanes) 12:00pm-4:00pm	Public Swim (3 lanes) 12:00pm-4:00pm	Public Swim (3 lanes) 12:00pm-4:00pm		Public Swim (3 lanes) 12:00pm-4:00pm		
Afternoon/Evening						
L.I.T. *Spaces Allocated 1:00pm-5:00pm	L.I.T. *Spaces Allocated 1:00pm-5:00pm	L.I.T. *Spaces Allocated 1:00pm-5:00pm	L.I.T. *Spaces Allocated 1:00pm-5:00pm	L.I.T. *Spaces Allocated 1:00pm-5:00pm	Swim Lessons *Spaces Allocated 2:00-3:00pm	Private Booking (Pool Closed) 1:00pm-3:00pm
Swim Lessons (Pool Closed) 4:00pm-7:00pm	Swim Lessons *Spaces Allocated 4:30pm-7:30pm	Swim Lessons (Pool Closed) 4:00pm-7:00pm	Swim Lessons *Spaces Allocated 4:30pm-7:30pm	Swim Lessons (Pool Closed) 4:00pm-7:00pm	Shallow Aquafit (R) (2 Lanes) 1:45pm-2:30pm	Public Swim (3 Lanes) 3:00pm-8:30pm
Swim Lessons *Spaces Allocated (B) 7:00pm-7:30pm	Public Swim (3 Lanes) 7:30pm-9:30pm	Swim Lessons *Spaces Allocated (B) 7:00pm-7:30pm	Public Swim (3 Lanes) 7:30pm-9:30pm	Swim Lessons *Spaces Allocated (B) 7:00pm-7:30pm	Public Swim (3 lanes) 2:30pm-8:30pm	
Public Swim (3 Lanes) 7:30pm-9:30pm		Public Swim (3 Lanes) 7:30pm-9:30pm		Public Swim (3 Lanes) 7:30pm-9:30pm		
				Shallow Aquafit (R) (1 Lane) 7:45pm-8:30pm		
				Public Swim (3 Lanes) 8:30pm-9:30pm		
Updated on June 20th, 2025						
For live updates and holiday schedules please check the website at www.gv.ymca.ca						

Reminder to Members that the annual pool closer takes place August 17th – September 7th, 2025, with the pool reopening on September 8th, 2025.

Lane Swim Etiquette	2 or less members either line swim or circle swim is okay, but 3+ members circle swim is required. Speeds are up to each person's interpretation but if a member poses a safety risk due to the speed of their swimming versus the other members you may request that the swimmer switch lanes.
Lane Swim	Designated signs for speed (fast, medium, slow) will be placed for the patrons and a minimum of 3 lanes are offered. If there are more than 5 people in each lane then the big lane will be split into 2 to create a total of 5 lanes.
Shallow Aquafit	Shallow water is medium intensity, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. All levels welcome. Registration required.
Deep Aquafit	Deep water is performed in water that submerges the body up to the neck. If you are not a swimmer and would like to try, the shallow side is also available. All levels welcome. Registration required.
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.
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, if that is the case look to the lifeguards that have red pinnies to look for clarification or further instructions.
Swim Lessons	When the schedule states "(Pool Closed)" that means all pools are closed for this time frame.
	When the Schedule states "*Spaces Allocated" that means that the pool is still open to the public but there will be limited space in certain areas.
Private Booking	During this time the pool is closed to the public for an external booking.
Rockwall	If we are 40+ swimmers, the rock wall cannot be opened. Otherwise, one guard for the rock wall and one guard for the pool. This rule is subject to change based on the number of guards we have on deck.
Summer Kids	Our in-house Summer Camp will be using the pool during their designated times.

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