

Aquatics Summer Schedule – Warm Pool

Updated June 20th, 2025

Guide:

(R) Register Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Public Swim 5:30am-9:00am	Public Swim 5:30am-9:00am	Public Swim 5:30am-9:00am	Public Swim 5:30am-9:00am	Public Swim 5:30am-9:00am	Public Swim 7:00am-9:00am	Public Swim 7:00am-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
Summer Kids July 7th– August 22nd 9:30am-11:30am	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	Public Swim 12:00pm-4:00pm	Swim Lessons (B) (Pool Closed) 9:00am-2:00pm	Aqua Yoga (R) 8:00am-8:45am
Public Swim 12:30pm-4:00pm	Public Swim 12:00pm-4:00pm	Public Swim 12:00pm-4:00pm	Public Swim 12:00pm-4:00pm			Swim Lessons (B) (Pool Closed) 9:00am-1:00pm
	Water / Rehab Walking 1:00pm-2:00pm		Water / Rehab Walking 1:00pm-2:00pm			
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 2:00pm-2:30pm	Private Booking (Pool Closed) 1:00pm-3:00pm
Swim Lessons (Pool Closed) 4:00pm-7:00pm	Public Swim 2:00pm-4:30pm	Swim Lessons (Pool Closed) 4:00pm-7:00pm	Public Swim 2:00pm-4:30pm	Swim Lessons (Pool Closed) 4:00pm-7:00pm	Public Swim 2:30pm-8:30pm	Public Swim 3:00pm-8:30pm
Swim Lessons *Spaces Allocated 7:00pm-7:30pm	Swim Lessons *Spaces Allocated 4:30pm-7:30pm	Swim Lessons *Spaces Allocated 7:00pm-7:30pm	Swim Lessons *Spaces Allocated 4:30pm-7:30pm	Swim Lessons *Spaces Allocated 7:00pm-7:30pm		
Public Swim 7:30pm-9:30pm	Public Swim 7:30pm-9:30pm	Public Swim 7:30pm-9:30pm	Public Swim 7:30pm-9:30pm	Public Swim 7:30pm-9:30pm		

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For live updates and holiday schedules please check the website at www.gv.ymca.ca

Aqua Yoga	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve your core, increase your range of motion, flexibility and balance. All levels welcome. Registration required.
Water / Rehab Walking	A section of the warm pool is closed for a gentle and safe space to walk and exercise. This is open to any members that are interested but must be mindful of the people that are utilizing this space. During this time the current jets will be on.
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.
Summer Kids	Our in-house Summer Camp will be using the pool during their designated times.

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