

## Aquatics Schedule – Warm Pool

Updated Sept 1st, 2025

Guide:

(R) Register Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Public Swim</b> 5:30am-4pm	<b>Public Swim</b> 5:30am-12pm	<b>Public Swim</b> 5:30am-9:00am	<b>Public Swim</b> 5:30am-9:00am	<b>Public Swim</b> 5:30am-9:00am	<b>Public Swim</b> 7:00am-9:00am	<b>Public Swim</b> 7:00am-9:00am
	<b>Water / Rehab Walking</b> 1:00pm-2:00pm	<b>Swim Lessons</b> *Spaces Allocated 9:00am-11am	<b>Swim Lessons</b> *Spaces Allocated 9:00am-11am	<b>Swim Lessons</b> *Spaces Allocated 9:00am-11am	<b>Swim Lessons (B)</b> <b>(Pool Closed)</b> 9:00am-2:00pm	<b>Aqua Yoga (R)</b> 8:00am-8:45am
	<b>Public Swim</b> 12:00pm-4:30pm	<b>Public Swim</b> 11am-4:00pm	<b>Water / Rehab Walking</b> 1:00pm-2:00pm	<b>Public Swim</b> 11:00am-4:00pm	<b>Swim Lessons</b> *Spaces Allocated 2:00pm-2:30pm	<b>Swim Lessons (B)</b> <b>(Pool Closed)</b> 9:00am-1:00pm
			<b>Public Swim</b> 11:00am-4:30pm			<b>Private Booking (Pool Closed)</b> 1:00pm-3:00pm
<b>Afternoon/Evening</b>						
<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Swim Lessons</b> *Spaces Allocated 4:30pm-7:30pm	<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Swim Lessons</b> *Spaces Allocated 4:30pm-7:30pm	<b>Swim Lessons (Pool Closed)</b> 4:00pm-7:00pm	<b>Public Swim</b> 2:30pm-8:30pm	<b>Public Swim</b> 3:00pm-8:30pm
<b>Swim Lessons</b> *Spaces Allocated 7:00pm-7:30pm	<b>Public Swim</b> 7:30pm-9:30pm	<b>Swim Lessons</b> *Spaces Allocated 7:00pm-7:30pm	<b>Public Swim</b> 7:30pm-9:30pm	<b>Swim Lessons</b> *Spaces Allocated 7:00pm-7:30pm	<b>L.I.T.</b> *Spaces Allocated 2:30pm-6:00pm	<b>L.I.T.</b> *Spaces Allocated 2:30pm-6:00pm
<b>Public Swim</b> 7:30pm-9:30pm		<b>Public Swim</b> 7:30pm-9:30pm		<b>Public Swim</b> 7:30pm-9:30pm		
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For live updates and holiday schedules please check the website at <a href="http://www.gv.ymca.ca">www.gv.ymca.ca</a>						

<b>Aqua Yoga</b>	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.
<b>Water / Rehab Walking</b>	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.
<b>L.I.T.</b>	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.
<b>Swim Lessons</b>	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.
<b>Private Booking</b>	During this time the pool is closed to the public for an external booking.