



Bob Chan-Kent Family YMCA

Aquatics Schedule
Effective Jan 5th 2026

Stat Holidays: Feb 17th, Apr 18th, May 19th – No group fitness classes, pool or programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning/Afternoon - Open to 4:00pm						
Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Open/Lane Swim 6:30-8:00am	Closed	Closed
Aquafit 8:00am-9:00am	Aquafit 8:00am-8:45am	Aquafit 8:00am-9:00am	Aquafit 8:00am-8:45am	Aquafit 8:00am-9:00am	Open/Lane Swim 8:00am-9:00am	
Open/Lane Swim 9:00am-10:00am	Open/Lane Swim 9:00am-9:45am		Open/Lane Swim 9:00am-9:45am	Open/Lane Swim 9:00am-2:00pm	Aquafit 9:00am-9:45am	
Adult Water Walking 10:00am-10:30am	Aquafit 10:00am-10:45am		Open/Lane Swim 9:00am-2:00pm	Gentle Aquafit 10:00am-10:30am	Open/Lane Swim 9:00am-2:00pm	
Open/Lane Swim 10:30am-2:00pm	Open/Lane Swim 10:45am – 2:00pm		Open/Lane Swim 10:30am – 2:00pm	Open/Lane Swim 9:00am-2:00pm	Family Swim 12:30pm – 5:00pm	
Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm	Adult Water Walking 2:00pm – 2:30pm		
Open/Lane Swim 2:30pm-4:00pm	Open/Lane Swim 2:30pm 4:00pm	Open/Lane Swim 2:30pm – 4:00pm	Open/Lane Swim 2:30pm 4:00pm	Open/Lane Swim 2:30pm – 4:00pm		Open/Lane Swim 2:30pm – 6:00pm
Evening – 4:00pm - Close						
Open/1 Lane Swim 4:00pm-7:00pm	Swim Lessons Only 4:00pm – 7:00pm	Swim Lessons + 1 Lane + Hot Tub 4:00pm – 7:00pm	Swim Lessons Only 4:00pm – 7:00pm	Swim Lessons Only 4:00pm – 6:00pm	Open/Lane Swim 2:30pm – 6:00pm	Family Swim 12:30pm – 5:00pm
Aquafit 7:15pm – 8:00pm	Swim Lessons Only 4:00pm – 7:00pm	Swim Lessons + 1 Lane + Hot Tub 4:00pm – 7:00pm	Aquafit 7:15pm – 8:00pm	Open/Lane Swim 6:00pm – 8:30pm	Closed	Closed
Open/Lane Swim 8:00am – 8:30pm	Open/Lane Swim 7:00pm – 8:30pm	Open/Lane Swim 7:00pm – 8:30pm	Open/Lane Swim 8:00pm – 8:30pm			
Updated on December 06, 2025						

Lane Swim Etiquette	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
Open Swim	During this time, a section of the pool will be open for any type of swimming or aquatic activity. As well as some roped lanes for lane swimming.				
Aquafit	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.				
Swim Lessons Only	During this time our aquatic area is open only for swim lesson participants.				
Swim Lessons + 1 Lane + Hot Tub	During this time some areas of our pool will be utilized for swimming lessons. 1 lane will be available for lane swimming, along with our hot tub.				
Family Swim	During this time, we invite families. Children of any age are welcome into the pool at this designated time. Note: hot tub rules still apply				

