

Aquatics Schedule – Lap Pool

Updated January 29th, 2026

Guide:

(B) Both Pools (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-10:30am | Public Swim (3 lanes) 8:00am-9:00am | Public Swim (3 lanes) 8:00am-9:00am | Public Swim (3 lanes) 8:00am-9:00am | Shallow Aquafit (R) (2 Lanes) 8:00pm-8:45pm | Swim Lessons (Pool Closed) 9:00am-1:00pm |
| Shallow Aquafit (R)(2 Lanes) 9:15am-10:00am | Shallow Aquafit (R)(2 Lanes) 10:30am-11:15am | Swim Lessons* *Spaces Allocated 9:00am-11:00am | Swim Lessons *Spaces Allocated 9:00am-11:00am | Swim Lessons *Spaces Allocated 9:00am-11:00am | Swim Lessons (Pool Closed) 9:00am-2:00pm | |
| Public Swim (3 lanes) 10:00am-4:00pm | Public Swim (3 lanes) 11:15am-4:30pm | Shallow/Deep Aquafit (R) (2 Lanes) 10:30am-11:15am | | Shallow Aquafit (2 Lanes) 9:15am-10:00am | | |
| | | Public Swim (3 lanes) 11:15pm-4:00pm | | Public Swim (3 lanes) 11:00am-4:00pm | | |
| Afternoon/Evening | | | | | | |
| 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 | Swim Lessons *Spaces Allocated 2:00-3:00pm | Private Booking (Pool Closed) 1:00pm-3:00pm |
| 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) 3:00pm-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 | L.I.T. *Spaces Allocated 2:30pm-6:00pm | L.I.T. *Spaces Allocated 2:30pm-6:00pm |
| | | Shallow Aquafit (R)(2 Lanes) 7:45pm-8:30pm | | Shallow Aquafit (R) (1 Lane) 7:45pm-8:30pm | | |
| | | | | Public Swim (3 Lanes) 8:30pm-9:30pm | | |
| For live updates and holiday schedules please check the website at www.gv.ymca.ca | | | | | | |

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| 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. |

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| 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. |