

Aquatics Schedule – Ches Penney Family YMCA

(June 21 to September 15, 2024)

Hours: Mon.-Thurs. 6:00am-9:30pm | Fri. 6:00am-8:30pm | Sat.-Sun. 7:15am-7:30pm
Whirlpool: Closed during Camp Swims, Female Only Swim, and routine maintenance (Mon. & Wed. 2-3pm, and last Wed. of every month)
Closed: June 24 (June Holiday), July 1 (Canada Day), August 7 (Regatta Day), September 2 (Labour Day)

*Schedule is subject to change without notice. View "Notices" tab on ymcanl.com for all the latest details.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool	Main Pool	Play Pool
7:15-9:00 4-Lane	7:15-11:55 Open	6:00-8:15 4-Lane	6:00-9:10 Open	6:00-9:05 4-Lane	6:00-10:00 Open	6:00-9:05 4-Lane	6:00-8:25 Open	6:00-9:05 4-Lane	6:00-10:00 Open	6:00-9:05 4-Lane	6:00-8:25 Open	7:15-9:00 4-Lane	7:15-11:55 Open
9:05-11:55 1-Lane /Open		8:30-9:00 Deep Water Fitness	9:15-9:45 Parent & Tot Swim Lesson	9:15-10:00 Aqua Zumba		9:15-10:00 Aqua Fit	8:30-9:00 Aqua Strength	9:15-10:00 Aqua Jog		9:15-10:00 Aqua Fit	8:30-9:00 Osteo Aqua	9:05-11:55 Open	
		9:15-10:00 Aqua Fit					9:15-9:45 Parent & Tot Swim Lesson				9:05-10:00 Open		
10:05-11:05 Summer Day Camp Swimmers Only													
12:00-1:00 2-Lane /Rental	12:00-1:00 B-day Rental	11:15-12:15 Rental Participants Only										12:00-1:00 2-Lane /Rental	12:00-1:00 B-day Rental
1:05-2:00 Female Only		12:20-12:55 2-Lane /Open	12:20-12:55 Open	12:20-12:55 2-Lane /Open	12:20-12:55 Open	12:20-12:55 2-Lane /Open	12:20-12:55 Open	12:20-12:55 2-Lane /Open	12:20-12:55 Open	12:20-12:55 2-Lane /Open	12:20-12:55 Open	1:05-2:45 2-Lane /Open	1:05-2:45 Swim Lessons
2:05-4:00 Open	2:05-4:00 Open	1:00-2:00 Summer Day Camp Swimmers Only										2:50-4:00 Open	2:50-4:00 Open
		2:00-3:00 Closed		2:05-3:55 2-Lane /Open	2:05-3:55 Open	2:00-3:00 Closed		2:05-3:55 2-Lane /Open	2:05-3:55 Open	2:05-3:55 2-Lane /Open	2:05-6:45 Open		
		3:00-4:30 2-Lane +Swim Lessons	3:00-7:30 Swim Lessons			3:00-3:55 2-Lane /Open	3:00-3:55 Open						
4:05-7:30 1-Lane /Open	4:00-7:30 Open	4:35-5:40 Swim Lessons	7:35-9:30 Open	4:00-7:25 Swim Lessons	4:00-6:50 Swim Lessons	4:00-6:55 Swim Lessons	4:00-6:50 Swim Lessons	4:00-7:25 Swim Lessons	4:00-6:50 Swim Lessons	4:00-6:55 Swim Lessons	6:45-7:30 Dash & Splash	4:05-5:00 2-Lane /open	4:00-7:30 Open
		5:45-7:30 2-Lane +Swim Lessons		7:30-8:15 Aqua Fit	6:55-9:30 Open	6:55-7:25 Adult Lesson	6:55-9:30 Open	7:30-8:15 Aqua Fit	6:55-9:30 Open		7:30-8:30 Open		
		7:35-8:20 Aqua Fit		8:20-9:30 1-Lane /Open		7:30-9:30 1-Lane /Open		8:20-9:30 1-Lane /Open		7:00-8:30 Open		5:05-7:30 Open	