



YMCA of Fredericton

### **Adult Leisure Swim**

Open to adults for casual swimming, exercising in place or stretching in the warm water Leisure Pool. Pool depth: 3'8".

### **Adult Open Swim**

This is an open swim for adults in the Lap Pool.

### **Lane Swim**

Increase your endurance and cardiovascular fitness at your own pace. Lanes are divided by speed. This is open for all participants who want to swim lengths.

### **Deep Water Swim**

Participants will enjoy swimming and exercising in place in the warm water Leisure Pool. Pool depth: 5'6".

### **Restorative Swim**

Adults will enjoy swimming or exercising in place in our warm water leisure pool. This open swim allows adults to exercise or stretch at their own pace. Pool depth: 3'8".

### **AquaFit**

The high resistance of water and available equipment offers an excellent workout while minimizing impact on joints. All fitness levels are welcome.

### **AquaStretch**

Physical conditioning in our warm water leisure pool. Ideal for people with joint issues. We place emphasis on stretching and muscle toning to improve and retain range of motion. Pool depth: 3'8".

### **Adapted Aquatics**

A fun warm water swim in the Leisure Pool for people with mental and physical needs.

### **Early Years Swim**

Come in and enjoy our warm water Leisure Pool with your young one. This is a great place to socialize with other parents and their babies. Select toys and PFD's are available.

### **Recreation Swim (Rec Swim)**

An open swim to enjoy the pool with family and friends. Select toys and PFD's are available for your use. Pool location varies.

To ensure and promote a safe aquatic experience, the YMCA of Fredericton has the following Admission Standards:

- Children 5 years and under: Parent/guardian must be in the water within arms reach of the child.
- Children 6-12 years old: May swim on their own in the pool. However, parent or guardian MUST be on the pool deck or in the gallery.
- Children 13 years or older: May swim in the pool on their own.
- Any child under the age of 13 years old must be accompanied by a parent/guardian while they are in the YMCA of Fredericton.

