

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE
5:30 AM														
5:45 AM														
6:00 AM		Adult Leisure 5:30-7:00		Deep Water 5:30-7:00		Adult Leisure 5:30-7:00		Deep Water 5:30-7:00		Adult Leisure 5:30-7:00				
6:15 AM														
6:30 AM														
6:45 AM	Lane Swim 5:30-8:30		Lane Swim 5:30-8:30		Lane Swim 5:30-8:30		Lane Swim 5:30-8:30		Lane Swim 5:30-8:30					
7:00 AM	↓↑↓↑		↓↑↓↑		↓↑↓↑		↓↑↓↑		↓↑↓↑					
7:15 AM														
7:30 AM		Deep Water 7:15-8:15		Adult Leisure 7:15-8:15		Deep Water 7:15-8:15		Adult Leisure 7:15-8:15		Deep Water 7:15-8:15				
7:45 AM														
8:00 AM														
8:15 AM														
8:30 AM		Preschool 8:30-9:00		Preschool 8:30-9:00		Preschool 8:30-9:00		Preschool 8:30-9:00		Preschool 8:30-9:00				
8:45 AM														
9:00 AM	AF 9:00-9:45	Lane Swim 8:45-9:45	AF 9:00-9:45	Lane Swim 8:45-9:45	AF 9:00-9:45	Lane Swim 8:45-9:45	AF 9:00-9:45	Lane Swim 8:45-9:45	AF 9:00-9:45	Lane Swim 8:45-9:45		Deep Water 8:30-9:30		Deep Water 8:30-9:30
9:15 AM	↓↑	↓↑	↓↑	↓↑	↓↑	↓↑	↓↑	↓↑	↓↑	↓↑				
9:30 AM												Lane Swim 8:30-11:00		Lane Swim 8:30-11:00
9:45 AM		Adult Leisure 9:15-10:45		Adult Leisure 9:15-10:45		Adult Leisure 9:15-10:45		Adult Leisure 9:15-10:45		Adult Leisure 9:15-10:45		↓↑↓↑		↓↑↓↑
10:00 AM													Adult Leisure 9:45-10:45	Adult Leisure 9:45-10:45
10:15 AM	Adult Open 10:00-11:00		Adult Open 10:00-11:00		Adult Open 10:00-11:00		Adult Open 10:00-11:00		Adult Open 10:00-11:00					
10:30 AM		Lane Swim 10:00-12:00		Lane Swim 10:00-12:00		Lane Swim 10:00-12:00		Lane Swim 10:00-12:00		Lane Swim 10:00-12:00				
10:45 AM														
11:00 AM	AF 11:00-11:45	↓↑	AF 11:00-11:45	↓↑	AF 11:00-11:45	↓↑	AF 11:00-11:45	↓↑	AF 11:00-11:45	↓↑	AF 11:00-11:45	↓↑	↓↑	↓↑
11:15 AM		YMCA Daycare 11:00-11:30		YMCA Daycare 11:00-11:30		YMCA Daycare 11:00-11:30		YMCA Daycare 11:00-11:30		YMCA Daycare 11:00-11:30				
11:30 AM	↓↑		↓↑		↓↑		↓↑		↓↑			Deep Water 11:00-12:30		Deep Water 11:00-12:30
11:45 AM														
12:00 PM														
12:15 PM		Lane Swim 12:15-1:45		Lane Swim 12:15-1:45		Lane Swim 12:15-1:45		Lane Swim 12:15-1:45		Lane Swim 12:15-1:45			Lane Swim 11:15-2:15	Lane Swim 11:15-2:15
12:30 PM	Adult Open 12:15-1:45	↓↑	Adult Open 12:15-1:45	↓↑	Adult Open 12:15-1:45	↓↑	Adult Open 12:15-1:45	↓↑	Adult Open 12:15-1:45	↓↑		↓↑↓↑	↓↑↓↑	↓↑↓↑
12:45 PM		Deep Water 1:30-2:30		Deep Water 1:30-2:30		Deep Water 1:30-2:30		Deep Water 1:30-2:30		Deep Water 1:30-2:30				
1:00 PM														
1:15 PM														
1:30 PM														
1:45 PM														
2:00 PM				Deep Water 1:30-2:30		ASYP 1:30-2:30							Adult Leisure 1:30-2:30	
2:15 PM	Adult Open 2:00-3:30	Lane Swim 2:00-3:30	Adult Open 2:00-3:30	Lane Swim 2:00-3:30	Adult Open 2:00-3:30	Lane Swim 2:00-3:30	Adult Open 2:00-3:30	Lane Swim 2:00-3:30	Adult Open 2:00-3:30	Lane Swim 2:00-3:30				
2:30 PM		Adult Leisure 2:00-3:30		Adult Leisure 2:00-3:30		Adult Leisure 2:00-3:30		Adult Leisure 2:00-3:30		Adult Leisure 2:00-3:30				
2:45 PM													Deep Water 2:30-3:30	Deep Water 2:30-3:30
3:00 PM														
3:15 PM														
3:30 PM				ASYP 3:00-4:00										
3:45 PM														
4:00 PM	Adult Open 4:00-5:00	Lane Swim 3:45-5:45	Adult Open 4:00-5:00	Lane Swim 3:45-5:45	Adult Open 4:00-5:00	Lane Swim 3:45-5:45	Adult Open 4:00-5:00	Lane Swim 3:45-5:45	Adult Open 4:00-5:00	Lane Swim 3:45-5:45			Lane Swim 2:30-5:30	Adult Leisure 3:45-5:15
4:15 PM		↓↑		↓↑		↓↑		↓↑		↓↑			↓↑↓↑	↓↑↓↑
4:30 PM		Deep Water 3:45-5:45		Deep Water 3:45-5:45		Deep Water 3:45-5:45		Deep Water 3:45-5:45		Deep Water 3:45-5:45				
4:45 PM														
5:00 PM	AF 5:00-5:45	↓↑	AF 5:00-5:45	↓↑	AF 5:00-5:45	↓↑	AF 5:00-5:45	↓↑	AF 5:00-5:45	↓↑	AF 5:00-5:45	↓↑	↓↑	↓↑
5:15 PM														
5:30 PM	↓↑		↓↑		↓↑		↓↑		↓↑		↓↑			
5:45 PM														
6:00 PM	Lane Swim 6:00-7:00	Adult Leisure 6:00-7:00	Lane Swim 6:00-7:00	Adult Leisure 6:00-7:00	Lane Swim 6:00-7:00	Adult Leisure 6:00-7:00	Lane Swim 6:00-7:00	Adult Leisure 6:00-7:00	Lane Swim 6:00-7:00	Adult Leisure 6:00-7:00				
6:15 PM														
6:30 PM	↓↑↓↑		↓↑↓↑		↓↑↓↑		↓↑↓↑		↓↑↓↑					
6:45 PM														
7:00 PM														
7:15 PM														

We make every attempt to offer a consistent schedule, however, schedules are subject to change. For more information about any Aquatics Programs, please contact our Aquatics Manager, Savanna Potter, at 462-3000 ext. 108 or by email at aquatics@ymcafredericton.org