



Spring Aquatics Schedule

Lane Swim (10+)	Aqua Fitness (14+)
Adult/Preadult (16+)	Adapted Aquatics
Recreational	Registration/Rental

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure
5:30 AM											Effective April 22 - April 28*			
5:45 AM											To stay informed on schedule changes and/or pool closure: → Sign up for our newsletter → Download our YMCA of Fredericton app			
6:00 AM														
6:15 AM	Lane Swim 5:30-7:40 ↑↓↑↓	Adult Leisure 5:30-7:10	Lane Swim 5:30-7:40 ↑↓↑↓	Deep Water 5:30-7:10	Lane Swim 5:30-7:40 ↑↓↑↓	Adult Leisure 5:30-7:10	Lane Swim 5:30-7:40 ↑↓↑↓	Deep Water 5:30-7:10	Lane Swim 5:30-7:40 ↑↓↑↓	Adult Leisure 5:30-7:10				
6:30 AM														
6:45 AM														
7:00 AM														
7:15 AM														
7:30 AM		Deep Water 7:15-8:10				Deep Water 7:15-8:10		Adult Leisure 7:15-8:15		Deep Water 7:15-8:10	Lane Swim 7:00-8:45 ↑↓↑↓	Adult Leisure 7:00-8:45	Tri-Club 7:00-8:30	Deep Water 7:00-8:25
7:45 AM														
8:00 AM	Open/Lane Swim 7:45-8:55 ↑↓		Open/Lane Swim 7:45-8:55 ↑↓	Adult Leisure 7:15-9:40	Open/Lane Swim 7:45-8:55 ↑↓		Open/Lane Swim 7:45-8:55 ↑↓	Aqua Arthritis 8:15-9:00 Emma	↑↓	Open/Lane Swim 7:45-8:55 ↑↓				
8:15 AM														
8:30 AM														
8:45 AM														
9:00 AM	Aqua Fit 9:00-9:45 Laura		Aqua Zumba® 9:00-9:45 Melissa		Aqua Zumba® 9:00-9:45 Nicole		Aqua Fit 9:05-9:45 Video Led	Adult Leisure 9:00-9:40	Aqua Zumba® 9:00-9:45 Joanne					
9:15 AM														
9:30 AM	Open Swim 9:45-10:15	Adult Leisure 9:00-11:00	Open Swim 9:45-10:15	YMCA ELC 9:45-10:15	Open Swim 9:45-10:15	YMCA ELC 9:45-10:15	Open Swim 9:45-10:15	YMCA ELC 9:45-10:15	Open Swim 9:45-10:15	YMCA ELC 9:45-10:15				
9:45 AM														
10:00 AM														
10:15 AM	Aqua Fit 10:15-11:00 Laura		Aqua Fit 10:15-11:00 Mana	Adult Leisure 10:20-11:00	Aqua Fit 10:15-11:40 Laura	Adult Leisure 10:20-11:00	Aqua Fit 10:15-11:00 Stephanie	Adult Leisure 10:20-11:00	Aqua Fit 10:15-11:00 Video Led					Family Swim 10:00-11:00
10:30 AM														
10:45 AM														
11:00 AM	Open/Lane 11:05-11:45 ↑↓	Aqua Stretch 11:05-11:50 Kathy	Open/Lane 11:05-11:40 ↑↓	Adapted Aquatics 11:00-11:45	Open/Lane 11:05-11:40 ↑↓	Aqua Stretch 11:05-11:50 Kathy	Open/Lane 11:05-11:40 ↑↓	Adapted Aquatics 11:00-11:45	Open/Lane 11:05-11:45 ↑↓					Family Swim 11:15-12:15
11:15 AM														
11:30 AM														
11:45 AM	Pool & Water Maintenance									Pool & Water Maintenance				
12:00 PM														
12:15 PM	Lane Swim 12:00-1:25 ↑↓↑↓	Early Years 12:00-1:00	Lane Swim 11:45-1:25 ↑↓↑↓	Client Therapy Clinic 11:45-12:45	Lane Swim 11:45-1:25 ↑↓↑↓	Early Years 12:00-12:45	Lane Swim 11:45-12:55 ↑↓↑↓	Adult Leisure 11:45-1:45	Lane Swim 12:00-1:25 ↑↓↑↓	Early Years 12:00-1:00				Family Swim 12:30-1:30
12:30 PM														
12:45 PM														
1:00 PM														
1:15 PM														
1:30 PM	Open/Lane Swim 1:30-2:40 ↑↓	Adult Leisure 1:00-2:55	Open/Lane Swim 1:30-2:45 ↑↓	Client Therapy Clinic 1:45-2:45	Open/Lane Swim 1:30-2:45 ↑↓	Family Swim 1:45-2:45	Open/Lane Swim 1:50-2:45 ↑↓	Adapted Aquatics 1:45-2:45	Open/Lane Swim 1:30-2:40 ↑↓	Adult Leisure 1:00-2:55	Open/Lane Swim 1:05-2:00 ↑↓	Adult Leisure 1:05-2:00		Play & Swim 1:45-2:45
1:45 PM														
2:00 PM														
2:15 PM														
2:30 PM														
2:45 PM														
3:00 PM	Lane Swim 2:45-4:15 ↑↓↑↓	Deep Water 3:00-4:15		ASYP 3:00-4:15		ASYP 3:00-4:15		ASYP 3:00-4:15	Lane Swim 2:45-4:15 ↑↓↑↓	Deep Water 3:00-4:15				Adult Leisure 2:45-4:15
3:15 PM														
3:30 PM														
3:45 PM														
4:00 PM														
4:15 PM														
4:30 PM														
4:45 PM	FAST 4:30-5:30	Family Swim 4:30-5:30												
5:00 PM														
5:15 PM														
5:30 PM														
5:45 PM	YMCA FAST Swim Team 5:45-6:45	Family Swim 5:45-6:45												
6:00 PM														
6:15 PM														
6:30 PM														
6:45 PM														
7:00 PM	Aqua HIIT 7:00-7:45 Emma/Wayne	Adult Leisure 7:00-8:10												
7:15 PM														
7:30 PM														
7:45 PM														
8:00 PM														
8:15 PM														
8:30 PM	Lane Swim 7:45-9:30 ↑↓↑↓	Deep Water 8:15-9:30			Lane Swim 8:45-9:30 ↑↓↑↓	Adult Leisure 8:45-9:30	Lane Swim 8:45-9:30 ↑↓↑↓	Deep Water 8:45-9:30	Lane Swim 8:00-9:30 ↑↓↑↓	Adult Leisure 7:00-9:30				
8:45 PM														
9:00 PM														
9:15 PM														

*Please note: modified aquatics schedule for **Bronze Medallion Course** on April 26-28th.

Communications with further information will be sent the week of said date.

Sign up is required for all Recreational Swims (Early Years, Family, Tween & Teen) and the use of the Obstacle Course. Members call the Welcome Desk starting at 1:00 PM the day prior to the swim to reserve a spot.

→ We make every attempt to offer a consistent schedule; however, schedules are subject to change (ie holiday).*

→ Directional arrows indicate the number of lanes available for lane swim.

→ Please refer to pool rules, admission standards and descriptions of swims prior to use.

→ Contact 462-3000 ext. 108 or kathleen.kowalchuk@ymcafredericton.org for more information.