



# 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											<b>Effective April 29 - May 5*</b> To stay informed on schedule changes and/or pool closure: → <a href="#">Sign up for our newsletter</a> → Download our YMCA of Fredericton app							
5:45 AM																		
6:00 AM																		
6:15 AM	Lane Swim	Adult Leisure	Lane Swim	Deep Water	Lane Swim	Adult Leisure	Lane Swim	Deep Water	Lane Swim	Adult Leisure								
6:30 AM	5:30-7:40	5:30-7:10	5:30-7:40	5:30-7:10	5:30-7:40	5:30-7:10	5:30-7:40	5:30-7:10	5:30-7:40	5:30-7:10								
6:45 AM	↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓									
7:00 AM																		
7:15 AM																		
7:30 AM		Deep Water				Deep Water		Adult Leisure		Deep Water	Lane Swim	Adult Leisure	Tri-Club	Deep Water				
7:45 AM		7:15-8:10				7:15-8:10		7:15-8:15		7:15-8:10	7:00-8:45	7:00-8:45	7:00-8:30	7:00-8:25				
8:00 AM	Open/Lane Swim		Open/Lane Swim	Adult Leisure	Open/Lane Swim		Open/Lane Swim		Open/Lane Swim									
8:15 AM	7:45-8:55	Aqua Arthritis	7:45-8:55	7:15-9:40	7:45-8:55		7:45-8:55	Aqua Arthritis	7:45-8:55									
8:30 AM	↑↓	8:15-9:00	↑↓		↑↓		↑↓	8:15-9:00	↑↓				Lane Swim	Adult Leisure				
8:45 AM		Emma				Adult Leisure		Emma		Adult Leisure			8:30-9:45	8:30-9:45				
9:00 AM	Aqua Fit		Aqua Zumba*		Aqua Zumba*		Aqua Fit	Adult Leisure	Aqua Zumba*									
9:15 AM	9:00-9:45		9:00-9:45		9:00-9:45		9:00-9:45	9:00-9:40	9:00-9:45	9:00-9:45								
9:30 AM	Laura		Melissa		Nicole		Video Led	Joanne										
9:45 AM	Open Swim	Adult Leisure	Open Swim	YMCA ELC	Open Swim	YMCA ELC	Open Swim	YMCA ELC	Open Swim	YMCA ELC								
10:00 AM	9:45-10:15	9:00-11:00	9:45-10:15	9:45-10:15	9:45-10:15	9:45-10:15	9:45-10:15	9:45-10:15	9:45-10:15	9:45-10:15								
10:15 AM	Aqua Fit		Aqua Fit	Adult Leisure	Aqua Fit	Adult Leisure	Aqua Fit	Adult Leisure	Aqua Fit	Adult Leisure				Family Swim				
10:30 AM	10:15-11:00		10:15-11:00	10:20-11:00	10:15-11:00	10:20-11:00	10:15-11:00	10:20-11:00	10:15-11:00	10:20-11:00				10:00-11:00				
10:45 AM	Laura		Mana		Laura		Stephanie		Video Led									
11:00 AM	Open/Lane	Aqua Stretch	Open/Lane	Adapted Aquatics	Open/Lane	Aqua Stretch	Open/Lane	Adapted Aquatics	Open/Lane	Adapted Aquatics				Family Swim				
11:15 AM	11:05-11:45	11:05-11:50	↑↓	11:00-11:45	↑↓	11:05-11:45	↑↓	11:00-11:45	↑↓	11:05-11:45				11:15-12:15				
11:30 AM	↑↓	Kathy				Kathy												
11:45 AM	Pool & Water Maintenance					Pool & Water Maintenance												
12:00 PM		Early Years	Lane Swim	Client Therapy Clinic	Lane Swim	Early Years	Lane Swim	Adult Leisure	Lane Swim	Early Years								
12:15 PM		12:00-1:00	11:45-1:25	11:45-12:45	11:45-1:25	12:00-12:45	11:45-12:55	11:45-1:45	12:00-1:25	12:00-1:00								
12:30 PM	Lane Swim		↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓									
12:45 PM	↑↓↑↓			Adult Leisure		Adult Leisure	Soldier On Fitness		1:00-1:45									
1:00 PM				12:45-1:45		12:45-1:45					Open/Lane Swim	Adult Leisure						
1:15 PM											1:05-2:00	1:05-2:00						
1:30 PM		Adult Leisure	Open/Lane Swim	Client Therapy Clinic	Open/Lane Swim	Family Swim	Open/Lane Swim	Adapted Aquatics	Open/Lane Swim	Adult Leisure	↑↓							
1:45 PM	Open/Lane Swim	1:00-2:55	1:30-2:45	1:45-2:45	1:30-2:45	1:45-2:45	1:50-2:45	1:45-2:45	1:30-2:40	1:00-2:55				Play & Swim				
2:00 PM	↑↓		↑↓		↑↓		↑↓		↑↓					1:45-2:45				
2:15 PM																		
2:30 PM																		
2:45 PM																		
3:00 PM																		
3:15 PM	Lane Swim	Deep Water							Lane Swim	Deep Water								
3:30 PM	2:45-4:15	3:00-4:15		ASYP		ASYP		ASYP	2:45-4:15	3:00-4:15				Adult Leisure				
3:45 PM	↑↓↑↓			3:00-4:15		3:00-4:15		3:00-4:15	↑↓↑↓					2:45-4:15				
4:00 PM																		
4:15 PM																		
4:30 PM																		
4:45 PM		Family Swim								YMCA FAST Swim Team		Family Swim						
5:00 PM		4:30-5:30								4:30-5:30		4:30-5:30						
5:15 PM																		
5:30 PM																		
5:45 PM	YMCA FAST Swim Team																	
6:00 PM	5:45-6:45	Family Swim																
6:15 PM		5:45-6:45		Swim Lessons		Swim Lessons		Swim Lessons										
6:30 PM				4:30-8:45		4:30-8:45		4:30-8:45										
6:45 PM																		
7:00 PM	Aqua HIIT																	
7:15 PM	7:00-7:45	Adult Leisure																
7:30 PM	Emma/Wayne	7:00-8:10																
7:45 PM																		
8:00 PM																		
8:15 PM	Lane Swim																	
8:30 PM	7:45-9:30	Deep Water			Lane Swim	Adult Leisure	Lane Swim	Adult Leisure	8:00-9:30	7:00-9:30								
8:45 PM	↑↓↑↓	8:15-9:30			8:45-9:30	8:45-9:30	8:45-9:30	8:45-9:30	↑↓↑↓									
9:00 PM					↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓										
9:15 PM																		

→ 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.

**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.**