



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														
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	Effective May 6 - May 17* To stay informed on schedule changes and/or pool closure: → Sign up for our newsletter → Download our YMCA of Fredericton app			
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				
7:45 AM		7:15-8:10				7:15-8:10		7:15-8:15		7:15-8:10				
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	↑↓					
8:45 AM		Emma				Adult Leisure		Emma		Adult Leisure				
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					
9:30 AM	Laura		Melissa		Nicole		Video Led	Joanne						
9:45 AM	Open Swim		Open Swim	YMCA ELC	Open Swim	YMCA ELC	Open Swim	YMCA ELC	Open Swim	YMCA ELC				
10:00 AM	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	9:45-10:15				
10:15 AM	Aqua Fit	Adult Leisure	Aqua Fit	Adult Leisure	Aqua Fit	Adult Leisure	Aqua Fit	Adult Leisure	Aqua Fit	Adult Leisure				
10:30 AM	10:15-11:00	9:00-11:45	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				
10:45 AM	Laura		Mana		Laura		Stephanie		Video Led					
11:00 AM	Open/Lane		Open/Lane	Adapted Aquatics	Open/Lane	Aqua Stretch	Open/Lane	Adapted Aquatics	Open/Lane					
11:15 AM	11:05-11:45		11:05-11:40	11:00-11:45	11:05-11:40	11:05-11:50	11:05-11:40	11:00-11:45	11:05-11:45					
11:30 AM	↑↓		↑↓		↑↓	Kathy	↑↓		↑↓					
11:45 AM	Pool & Water Maintenance								Pool & Water Maintenance					
12:00 PM	Lane Swim	Early Years	Lane Swim	Client Therapy Clinic	Lane Swim	Early Years	Lane Swim	Adult Leisure	Lane Swim	Early Years				
12:15 PM	12:00-1:25	12:00-1:00	11:45-1:25	11:45-12:45	11:45-1:25	12:00-12:45	11:45-1:25	11:45-1:45	12:00-1:25	12:00-1:00				
12:30 PM	↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓					
12:45 PM				Adult Leisure		Adult Leisure								
1:00 PM				12:45-1:45		12:45-1:45								
1:15 PM														
1:30 PM	Open/Lane Swim	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	1:30-2:40	1:00-2:55	1:30-2:45	1:45-2:45	1:30-2:45	1:45-2:45	1:30-2:45	1:45-2:45	1:30-2:40	1:00-2:55				
2:00 PM	↑↓		↑↓		↑↓		↑↓		↑↓					
2:15 PM														
2:30 PM														
2:45 PM														
3:00 PM	Lane Swim	Deep Water							Lane Swim	Deep Water				
3:15 PM	2:45-4:15	3:00-4:15							2:45-4:15	3:00-4:15				
3:30 PM	↑↓↑↓								↑↓↑↓					
3:45 PM														
4:00 PM														
4:15 PM														
4:30 PM														
4:45 PM	Family Swim								Family Swim					
5:00 PM	4:30-5:30								4:30-5:30					
5:15 PM														
5:30 PM														
5:45 PM	YMCA FAST Swim Team	Family Swim							Special Olympics	Tween & Teen Leisure				
6:00 PM	5:45-6:45	5:45-6:45							5:45-6:45	5:45-6:45				
6:15 PM				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	Adult Leisure							FAST					
7:15 PM	7:00-7:45	7:00-8:10							7:00-8:00					
7:30 PM	Emma/Wayne													
7:45 PM														
8:00 PM	Lane Swim								Adult Leisure					
8:15 PM	7:45-9:30								7:00-9:30					
8:30 PM	↑↓↑↓								8:00-9:30					
8:45 PM		Deep Water							↑↓↑↓					
9:00 PM		8:15-9:30												
9:15 PM														

*Please note: modified aquatics schedule for **Bronze Cross Course** on **May 10-12th**.

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.