

Family Day Weekend Aquatics Schedule

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

	Saturday Feb 15		Sunday Feb 16		Family Day		Effective from Feb 15 - 17*
	Lap	Leisure	Lap	Leisure	Lap	Leisure	
7:00 AM							Two ways to stay informed on pool schedule changes and closures are: → Signing up for our Newsletter → Downloading our YMCA Fredericton App
7:15 AM							
7:30 AM			Tri Club 7:00-8:30	Deep Water 7:00-8:25			
7:45 AM		Adult Leisure 7:00-8:55					
8:00 AM							
8:15 AM							
8:30 AM	Lane Swim 7:00-10:40 ↑↓↑↓				Lane Swim 8:00-9:45 ↑↓↑↓	Adult Leisure 8:00-9:45	
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM		Deep Water 9:00-10:25	Lane Swim 8:30-11:10 ↑↓↑↓				
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM					Family Swim (Public) 10:15-11:00		
10:45 AM							
11:00 AM		Adult Leisure 10:30-12:00			Family Swim (Public) 11:15-12:00		
11:15 AM	Open/Lane Swim 10:45-12:45 ↑↓						
11:30 AM			Open/Lane Swim 11:15-1:15 ↑↓				
11:45 AM							
12:00 PM		Early Years 12:00-12:45			Family Swim (Public) 12:15-1:00		
12:15 PM							
12:30 PM				Early Years 12:30-1:15			
12:45 PM							
1:00 PM					Family Swim (Public) 1:15-2:00		
1:15 PM	Family Swim 1:00-2:00						
1:30 PM				Family Swim 1:30-2:30			
1:45 PM					Family Swim (Member) 2:15-3:15		
2:00 PM							
2:15 PM	Family Swim 2:15-3:15						
2:30 PM							
2:45 PM				Family Swim 2:45-3:45			
3:00 PM							
3:15 PM							
3:30 PM	Family Swim 3:30-4:30						
3:45 PM							
4:00 PM				Family Swim 4:00-5:00			
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM		Adult Leisure 4:45-6:25					
5:30 PM							
5:45 PM	Lane Swim 4:45-7:30 ↑↓↑↓		Lane Swim 5:15-7:30 ↑↓↑↓	Adult Leisure 5:15-7:30			
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM		Deep Water 6:30-7:30					
7:00 PM							
7:15 PM							

Two ways to stay informed on pool schedule changes and closures are:
→ Signing up for our Newsletter
→ Downloading our YMCA Fredericton App



→ 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.

→ Scan QR code for an online version

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



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