



# Winter 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 from Jan 22 - March 2*</b>			
5:45 AM											Two ways to stay informed on pool schedule changes and closures are:			
6:00 AM		Adult Leisure 5:30-7:10		Deep Water 5:30-7:10		Adult Leisure 5:30-7:10		Deep Water 5:30-7:10		Adult Leisure 5:30-7:10	→ Signing up for our Newsletter			
6:15 AM	Lane Swim 5:30-7:40 ↑↓↑↓		Lane Swim 5:30-7:40 ↑↓↑↓		Lane Swim 5:30-7:40 ↑↓↑↓		Lane Swim 5:30-7:40 ↑↓↑↓		Lane Swim 5:30-7:40 ↑↓↑↓		→ Downloading our YMCA Fredericton App			
6:30 AM														
6:45 AM														
7:00 AM														
7:15 AM		Deep Water 7:15-8:10		Adult Leisure 7:15-8:15		Deep Water 7:15-8:10		Adult Leisure 7:15-9:40		Deep Water 7:15-8:10	Lane Swim 7:00-8:45 ↑↓↑↓	Adult Leisure 7:00-9:00	Tri Club 7:00-8:30	Deep Water 7:00-8:25
7:30 AM														
7:45 AM	Open/Lane Swim 7:45-8:55 ↑↓		Open/Lane Swim 7:45-8:55 ↑↓	Aqua Arthritis 8:15-9:00 Sarah		Open/Lane Swim 7:45-8:55 ↑↓		Adult Leisure 7:15-9:40		Open/Lane Swim 7:45-8:55 ↑↓			Lane Swim 8:30-8:55 ↑↓↑↓	Adult Leisure 8:30-9:45
8:00 AM														
8:15 AM														
8:30 AM		Adult Leisure 8:15-9:40		Adult Leisure 9:00-9:40		Adult Leisure 8:15-11:05		Adult Leisure 8:15-11:05		Adult Leisure 9:00-9:40				
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 9:00-9:45 Stephanie		Aqua Zumba® 9:00-9:45 Joanne		YMCA Swim Team 8:45-10:00		Aqua Fit 9:00-9:45 Mana	
9:15 AM														
9:30 AM														
9:45 AM	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		Open Swim 9:45-10:15	YMCA ELC 9:45-10:15	Open Swim 9:45-10:15	YMCA ELC 9:45-10:15				
10:00 AM														
10:15 AM	Aqua Fit 10:15-11:00 Laura		Aqua Fit 10:15-11:00 Sarah		Aqua Fit 10:15-11:00 Sarah		Aqua Fit 10:15-11:00 Lisa		Aqua Fit 10:15-11:00 Sarah					UNB Spring 10:00-11:00
10:30 AM		Adult Leisure 10:20-11:45		Adult Leisure 10:20-11:00										
10:45 AM														
11:00 AM	Open/Lane 11:00-11:40 ↑↓		Open/Lane 11:00-11:40 ↑↓	Adapted Aquatics 11:00-11:45		Open/Lane 11:00-11:40 ↑↓	Aqua Stretch 11:05-11:50 Kathy		Open/Lane 11:00-11:40 ↑↓	Adapted Aquatics 11:00-12:00				
11:15 AM														
11:30 AM														
11:45 AM		Early Years 11:45-12:45		Client Therapy Clinic 11:45-12:45		Early Years 12:00-12:45		Client Therapy Clinic 12:00-1:00		Early Years 11:45-12:45				
12:00 PM														
12:15 PM	Lane Swim 11:45-1:25 ↑↓↑↓		Lane Swim 11:45-1:25 ↑↓↑↓		Lane Swim 11:45-1:10 ↑↓↑↓		Lane Swim 11:45-1:25 ↑↓↑↓		Lane Swim 11:45-1:25 ↑↓↑↓					Swim Lessons 11:15-1:30
12:30 PM														
12:45 PM														
1:00 PM		Adult Leisure 12:45-1:45		Adult Leisure 12:45-1:45		Adult Leisure 12:45-1:45		Adult Leisure 1:00-3:30		Adult Leisure 12:45-2:25				
1:15 PM														
1:30 PM	Open/Lane Swim 1:30-2:40 ↑↓		Open/Lane Swim 1:30-2:40 ↑↓	Client Therapy Clinic 1:45-2:45		Open/Lane Swim 1:15-1:55 ↑↓	Aqua Circuit 2:00-2:45 Stephanie & Wayne		Open/Lane Swim 1:30-2:40 ↑↓		Open/Lane Swim 1:15-2:00 ↑↓	Early Years 1:15-2:00		Play & Swim 1:30-2:30
1:45 PM														
2:00 PM														
2:15 PM														
2:30 PM														
2:45 PM		Deep Water 2:30-3:30		Adapted Aquatics 2:45-3:30										
3:00 PM														
3:15 PM	Lane Swim 2:45-4:25 ↑↓↑↓		Lane Swim 2:45-4:15 ↑↓↑↓											
3:30 PM														
3:45 PM		YMCA After-School Program 3:45-4:45		YMCA After-School Program 3:45-4:45										
4:00 PM														
4:15 PM														
4:30 PM														
4:45 PM	FAST 4:30-5:30		YMCA Swim Team 4:15-5:30		YMCA Swim Team 4:15-5:30		YMCA Swim Team 4:15-5:30		YMCA Swim Team 4:15-5:30					
5:00 PM														
5:15 PM														
5:30 PM														
5:45 PM														
6:00 PM														
6:15 PM		Swim Lessons 5:00-7:50		Swim Lessons 5:00-7:45		Swim Lessons 5:00-7:50		Swim Lessons 5:00-7:50		Swim Lessons 5:00-7:50				
6:30 PM														
6:45 PM														
7:00 PM	Swim Lessons 5:30-8:45													
7:15 PM														
7:30 PM														
7:45 PM														
8:00 PM														
8:15 PM														
8:30 PM		Deep Water 8:00-9:30		Adult Leisure 7:45-9:30		Deep Water 8:00-9:30		Adult Leisure 7:50-9:30		Lane Swim 8:00-9:30 ↑↓↑↓				
8:45 PM														
9:00 PM	Lane Swim 8:45-9:30 ↑↓↑↓		Lane Swim 8:45-9:30 ↑↓↑↓											
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.

→ Scan QR code for an online version

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



**\*Please note: modified aquatics schedule for Family Day (Feb 17), March Break (March 3-9), and Advanced Leadership Courses (Jan 31 - Feb 2, Feb 7-9, March 14-16, March 21-23).**

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.



# YMCA of Fredericton Aquatic Swim Descriptions

LANE SWIM - 10+ YEARS	OPEN/LANE SWIM - 16+ YEARS	ADULT LEISURE - 16+ YEARS
Swim continuous laps of the pool at your own pace. Lanes are available for all swim speeds; however, swimmers must be able to swim 25 metres and be comfortable in deep water. Circle swim is required during lane swims.	A combination of recreational and lap swim. Swim and/or perform vertical exercises at your leisure in the open area of the pool OR stay focused on laps in the lane area.	Open for exercising, stretching, relaxing or socializing in the water.

DEEP WATER - 16+ YEARS	OPEN SWIM - 16+ YEARS	ADAPTED AQUATICS - ALL AGES
Open for exercising, stretching, relaxing or socializing in the water.	Swim and/or perform vertical exercises at your leisure in the open area of the pool. Intensive lap swimming is not permitted.	Specifically for participants with physical, cognitive or behavioural needs. Swimmers will enjoy exercising, swimming, stretching and/or playing.

AQUAFIT - 14+ YEARS	AQUA ZUMBA® - 14+ YEARS	AQUA STRETCH - 14+ YEARS
An instructor led group fitness class for all fitness levels. The high resistance of water and available equipment offers an excellent, full body workout while minimizing impact on joints.	An instructor led group fitness class for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss!	An instructor led group fitness class ideal for people with joint issues. We place emphasis on stretching and muscle toning to improve and retain range of motion.

AQUA ARTHRITIS - 14+ YEARS	AQUA CIRUIT - 14+ YEARS	RENTALS & YOUTH PROGRAMMING
Aqua Arthritis provides gentle, concentrated exercise that is easy on joints while providing a great workout. Takes place in Leisure Pool, providing buoyancy to reduce stress on joints and increase mobility. Join us for gentle strength and conditioning exercises, followed by relaxing stretches.	Aqua Circuit combines strength and cardiovascular exercises at stations around the pool. The class is interval based and participants should be comfortable in water to ensure easy movement from station to station	Reserved pool times for various youth programs, including swimming lessons and the Ignite swim team, or various other groups and organizations.

EARLY YEARS - 0-5 YEARS	OBSTACLE COURSE - ALL AGES	FAMILY SWIM - ALL AGES
A place to socialize with other parents and their babies while you help your child develop their gross motor skills and creativity. Select toys and Personal Flotation Devices (PFDs) are available.	A swim that allows patrons to play on an inflatable obstacle course in the lap pool. Swimmers will be circulated through the course under the direction of a lifeguard and must be comfortable in deep water or pass our admission standards. The lap pool will be reserved for the course while the leisure pool is open for swimming.	An open swim to enjoy the pool with family and friends. Select toys and Personal Flotation Devices (PFDs) are available for use. Pool location varies.

**Lap Pool Depth: 4'0" - 8'5" || Lap Pool Temperature: 80 - 82 F**  
**Leisure Pool Depth: 3'8" - 5'6" || Leisure Pool Temperature: 86 - 88 F**