



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 from May 26-June 22 *			
5:45 AM											Two ways to stay informed on pool schedule changes and closures are:			
6:00 AM		Adult Leisure	Lane Swim	Deep Water	Lane Swim	Adult Leisure	Lane Swim	Deep Water	Lane Swim	Adult Leisure	→ Signing up for our Newsletter			
6:15 AM	Lane Swim	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	→ Downloading our YMCA Fredericton App			
6:30 AM	5:30-7:40	↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓				
6:45 AM	↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓					
7:00 AM														
7:15 AM		Deep Water		Adult Leisure		Deep Water		Deep Water		Deep Water	Lane Swim	Adult Leisure	Lane Swim	Deep Water
7:30 AM		7:15-8:10		7:15-8:15		7:15-8:10		7:15-8:10		7:15-8:10	7:00-8:45	7:00-9:00	7:00-8:30	7:00-8:25
7:45 AM	Open/Lane Swim		Open/Lane Swim		Open/Lane Swim		Open/Lane Swim		Open/Lane Swim		↑↓↑↓	↑↓↑↓	↑↓↑↓	↑↓↑↓
8:00 AM	7:45-8:55		7:45-8:55		7:45-8:55		7:45-8:55		7:45-8:55					
8:15 AM	↑↓	Adult Leisure	↑↓	Aqua Arthritis	↑↓	↑↓	↑↓	Adult Leisure	↑↓	↑↓			Open Swim	
8:30 AM	↑↓	8:15-9:40	↑↓	8:15-9:00 Sarah	↑↓	↑↓	↑↓	7:15-9:40	↑↓	↑↓			8:35-9:00	
8:45 AM														
9:00 AM	Aqua Fit		Aqua Zumba®	Adult Leisure	Aqua Zumba®	Adult Leisure	Aqua Fit		Aqua Zumba®	Adult Leisure	YMCA Swim Team		Aqua Fit	Adult Leisure
9:15 AM	9:00-9:45		9:00-9:45	9:00-9:40	9:00-9:45	8:15-11:05	9:00-9:45		9:00-9:45	9:00-9:40	8:45-10:00		9:00-9:45	8:30-11:10
9:30 AM	Laura		Melissa		Nicole		Stephanie		Joanne				Mana	
9:45 AM	Open Swim	YMCA ELC	Open Swim	YMCA ELC	Open Swim		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		AquaFit Power	Adult Leisure	Aqua Fit		AquaFit Power	Adult Leisure	Aqua Fit	Adult Leisure			Open/Lane Swim	
10:30 AM	10:15-11:00		10:15-11:00	10:20-11:00	10:15-11:00		10:15-11:00	10:20-11:00	10:15-11:00	10:20-11:00			9:50-11:10	
10:45 AM	Laura		Angela		Sarah		Angela		Sarah				↑↓	
11:00 AM	Open/Lane	10:20-11:45	Open/Lane	Adapted Aquatics	Open/Lane	Aqua Stretch	Open/Lane	Adapted Aquatics	Open/Lane	10:20-11:45				
11:15 AM	11:00-11:40		11:00-11:40	11:00-11:45	11:00-11:40	11:05-11:50	11:00-11:40	11:00-11:40	11:00-11:40	10:20-11:45				
11:30 AM	↑↓		↑↓		↑↓	Kathy	↑↓		↑↓					
11:45 AM														
12:00 PM		Early Years		Client Therapy Clinic				Client Therapy Clinic		Early Years				
12:15 PM	Lane Swim	11:45-12:45	Lane Swim	11:45-12:45	Lane Swim	11:45-1:10	12:00-12:45	Lane Swim	11:45-1:25	11:45-12:45				
12:30 PM	11:45-1:25		11:45-1:25		11:45-1:10		12:00-12:45	11:45-1:25		11:45-12:45				
12:45 PM	↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓	↑↓↑↓		↑↓↑↓				
1:00 PM														
1:15 PM		Adult Leisure		Adult Leisure		Adult Leisure		Adult Leisure		Adult Leisure				
1:30 PM	Open/Lane Swim	12:45-2:25	Open/Lane Swim	Client Therapy Clinic	Open/Lane Swim	1:15-1:55	Family Swim	Open/Lane Swim	12:45-2:25	Open/Lane Swim				
1:45 PM	1:30-2:40		1:30-2:40	1:45-2:45	1:15-1:55		1:45-2:45	1:30-2:40		12:45-2:25				
2:00 PM	↑↓		↑↓		Aqua Circuit			↑↓		12:45-2:25				
2:15 PM					Stephanie & Wayne									
2:30 PM														
2:45 PM		Deep Water		Adapted Aquatics						Deep Water				
3:00 PM	Lane Swim	2:30-3:30	Lane Swim	2:45-3:30				Lane Swim	2:45-4:15	Lane Swim				
3:15 PM	2:45-4:25		2:45-4:15					2:45-4:15		2:45-4:15				
3:30 PM	↑↓↑↓		↑↓↑↓					↑↓↑↓		↑↓↑↓				
3:45 PM														
4:00 PM		YMCA After-School Program		YMCA After-School Program				YMCA After-School Program		YMCA After-School Program				
4:15 PM		3:45-4:45		3:45-4:45				3:45-4:45		3:45-4:45				
4:30 PM														
4:45 PM	FAST		YMCA Swim Team		YMCA Swim Team			YMCA Swim Team		YMCA Swim Team				
5:00 PM	4:30-5:30		4:15-5:30		4:15-5:30			4:15-5:30		4:15-5:30				
5:15 PM														
5:30 PM														
5:45 PM														
6:00 PM														
6:15 PM		Swim Lessons		Swim Lessons				Swim Lessons		Swim Lessons				
6:30 PM		5:00-7:50		5:00-7:45				5:00-7:50		5:00-7:50				
6:45 PM														
7:00 PM	Swim Lessons							Swim Lessons		Swim Lessons				
7:15 PM	5:30-8:45							5:30-8:45		5:30-8:45				
7:30 PM														
7:45 PM														
8:00 PM														
8:15 PM														
8:30 PM		Deep Water		Adult Leisure				Adult Leisure		Adult Leisure				
8:45 PM	Lane Swim	8:00-9:30	Lane Swim	7:45-9:30	Lane Swim	8:10-9:30	Deep Water	Lane Swim	8:00-9:30	Lane Swim				
9:00 PM	8:45-9:30		8:45-9:30		8:10-9:30		8:00-9:30	8:45-9:30		8:00-9:30				
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 Healthy Kids Day (June 7), and Advanced Leadership Courses (May 30 - June 1, June 13-15, and June 20-22).**

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	AQUAFIT POWER - 14+ YEARS
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	Combining the buoyancy of water with challenging resistance exercises, this low-impact high-intensity workout targets all major muscle groups for a full-body experience that's gentle on your joints. Expect a blend of water resistance, specialized aquatic equipment, bodyweight exercises, and dynamic movements to enhance strength, power, and cardiovascular fitness.

RENTALS & YOUTH PROGRAMMING	EARLY YEARS - 0-5 YEARS	FAMILY SWIM - ALL AGES
Reserved pool times for various youth programs, including swimming lessons and the Ignite swim team, or various other groups and organizations.	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.	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