




Fall 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	Lane Swim 5:30-7:40 ↑↓↑↓		Lane Swim 5:30-7:40 ↑↓↑↓	Adult Leisure 5:30-8:15	Lane Swim 5:30-7:40 ↑↓↑↓		Lane Swim 5:30-7:40 ↑↓↑↓	Adult Leisure 5:30-8:15	Lane Swim 5:30-7:40 ↑↓↑↓	Adult Leisure 5:30-9:40	Effective from Oct 14-31*														
5:45 AM											Two ways to stay informed on pool schedule changes and closures are: → Signing up for our Newsletter → Downloading our YMCA Fredericton App														
6:00 AM																									
6:15 AM																									
6:30 AM																									
6:45 AM																									
7:00 AM	Open/Lane Swim 7:45-8:55 ↑↓	Adult Leisure 5:30-9:40	Open/Lane Swim 7:45-8:55 ↑↓	Aqua Arthritis 8:15-9:00 Sarah	Open/Lane Swim 7:45-8:55 ↑↓	Adult Leisure 5:30-11:00	Open/Lane Swim 7:45-8:55 ↑↓	Aqua Arthritis 8:15-9:00 Sarah	Open/Lane Swim 7:45-8:55 ↑↓	Adult Leisure 5:30-9:40	Lane Swim 7:00-8:45 ↑↓↑↓	Adult Leisure 7:00-9:00	Tri Club 7:00-8:30	Adult Leisure 7:00-9:30											
7:15 AM																									
7:30 AM																									
7:45 AM											Aqua Fit 9:00-9:45 Laura		Aqua Zumba® 9:00-9:45 Melissa	Adult Leisure 9:00-9:40	Aqua Zumba® 9:00-9:45 Nicole		Aqua Fit Tabata 9:00-9:45 Stephanie	Adult Leisure 9:00-9:40	Aqua Zumba® 9:00-9:45 Joanne		YMCA Ignite Swim Team 8:45-10:00		Open/Lane Swim 8:35-9:30 ↑↓		
8:00 AM																									
8:15 AM																									
8:30 AM																									
8:45 AM																									
9:00 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												Swim Lessons 9:00-11:15	UNB SPRING 10:00-11:00		
10:00 AM																									
10:15 AM																									
10:30 AM											Aqua Fit 10:15-11:00 Laura	Adult Leisure	Aqua Power 10:15-11:00 Angela	Adult Leisure 10:20-11:00	Aqua Fit 10:15-11:00 Sarah		Aqua Power 10:15-11:00 Angela	Adult Leisure 10:20-11:00	Aqua Fit 10:15-11:00 Video Led	Adult Leisure 10:20-11:45		Swim Lessons 10:00-1:15	Swim Lessons 9:00-11:15		
10:45 AM																									
11:00 AM																									
11:15 AM	Open/Lane 11:00-11:40 ↑↓	10:20-11:45	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	Open/Lane 11:00-11:40 ↑↓	10:20-11:45											Swim Lessons 10:00-1:15	Play & Swim 11:15-12:15			
11:30 AM																									
11:45 AM																									
12:00 PM											Early Years 11:45-12:45					Early Years 12:00-12:45				Early Years 11:45-12:45	Lane Swim 12:30-1:15	Adult Leisure 12:30-1:15	Swim Lessons 11:15-2:30	Swim Lessons 11:15-1:30	
12:15 PM																									
12:30 PM																									
12:45 PM	Open/Lane Swim 1:30-2:40 ↑↓	Adult Leisure 12:45-3:15	Open/Lane Swim 1:30-2:40 ↑↓	Client Therapy Clinic 1:30-2:30	Open/Lane Swim 1:30-2:40 ↑↓	Adult Leisure 12:45-2:15	Open/Lane Swim 1:30-2:40 ↑↓	Adult Leisure 2:00-3:15	Open/Lane Swim 1:30-2:40 ↑↓	Adult Leisure 12:45-3:15											Open/Lane Swim 1:15-2:00 ↑↓	Early Years 1:15-2:00	Swim Lessons 11:15-2:30	Play & Swim 1:30-2:30	
1:00 PM																									
1:15 PM																									
1:30 PM											Lane Swim 2:45-4:15 ↑↓↑↓	YMCA After-School Program 3:30-4:30	Lane Swim 2:45-4:00 ↑↓↑↓	YMCA After-School Program 3:30-4:30	YMCA Ignite Swim Team 4:00-5:15	YMCA After-School Program 3:30-4:30	YMCA Ignite Swim Team 4:00-5:15		YMCA After-School Program 3:30-4:30	YMCA Ignite Swim Team 4:00-5:30	Family Swim 2:15-3:15	Family Swim 2:45-3:45			
2:00 PM																									
2:15 PM																									
2:30 PM	FAST 4:15-5:15		YMCA Ignite Swim Team 4:00-5:15		YMCA Ignite Swim Team 4:00-5:15		YMCA Ignite Swim Team 4:00-5:15		YMCA Ignite Swim Team 4:00-5:30	Family Swim 4:45-5:45												Family Swim 4:00-5:00			
2:45 PM																									
3:00 PM																									
3:15 PM											Swim Lessons 5:15-8:30	Swim Lessons 4:45-7:55	Swim Lessons 5:15-8:30	Swim Lessons 4:45-7:40		Swim Lessons 4:45-7:40	Swim Lessons 4:45-7:55		Special Olympics 5:45-6:45	Family Swim 6:00-7:00	Lane Swim 4:45-7:30 ↑↓↑↓	Adult Leisure 4:45-7:30	Lane Swim 5:15-7:30 ↑↓↑↓	Adult Leisure 5:15-7:30	
3:30 PM																									
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4:15 PM																									
4:30 PM																									
4:45 PM	Lane Swim 7:30-8:30 ↑	Adult Leisure 8:00-9:30	Lane Swim 8:30-9:30 ↑↓↑↓	Adult Leisure 7:45-9:30	FAST 8:30-9:30	Adult Leisure 7:45-9:30		Adult Leisure 8:00-9:30	FAST 7:00-9:30	Adult Leisure 8:30-9:30	→ 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.														
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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.

OPEN SWIM - 16+ YEARS	ADAPTED AQUATICS - ALL AGES	AQUAFIT - 14+ YEARS
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.	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.

AQUA POWER - 14+ YEARS	AQUA ZUMBA® - 14+ YEARS	AQUA STRETCH - 14+ YEARS
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.	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 FIT TABATA - 14+ YEARS	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 Fit Tabata is a high-energy water workout combining short bursts of intense exercise with brief rest periods. Using the Tabata interval method, this class boosts cardio, strength, and endurance—all with the joint-friendly benefits of water. Fun, fast, and effective for all fitness levels!	Reserved pool times for various youth programs, including swimming lessons and the Ignite swim team, afterschool programs, and preschool.

RENTALS & YOUTH PROGRAMMING	EARLY YEARS - 0-5 YEARS	FAMILY SWIM - ALL AGES
Reserved pool times for various 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" Leisure Pool Temperatue: 86 - 88 F
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