



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 April 27 - May 3*			
5:45 AM											Two ways to stay informed on pool schedule changes and closures are:			
6:00 AM											→ Signing up for our Newsletter			
6:15 AM	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		→ Downloading our YMCA Fredericton App			
6:30 AM	5:30-7:40		5:30-7:40	Adult Leisure	5:30-7:40		5:30-7:40		5:30-7:40		Lane Swim	Adult Leisure	Tri Club	
6:45 AM	↑↓↑↓		↑↓↑↓	5:30-8:15		↑↓↑↓		↑↓↑↓	5:30-9:40		↑↓↑↓	7:00-8:30		
7:00 AM		Adult Leisure						Adult Leisure		Adult Leisure				
7:15 AM		5:30-9:40						5:30-9:40		5:30-9:40				
7:30 AM											Lane Swim	Adult Leisure		
7:45 AM	Open/Lane Swim		Open/Lane Swim		Open/Lane Swim	Adult Leisure	Open/Lane Swim		Open/Lane Swim		7:00-8:00	7:00-9:00		
8:00 AM						5:30-11:00								
8:15 AM	7:45-8:55		7:45-8:55	Gentle Aquafit	7:45-8:55		7:45-8:55		7:45-8:55					
8:30 AM	↑↓		↑↓	8:15-9:00 Susan	↑↓		↑↓		↑↓				Open Swim	
8:45 AM													8:35-9:00	Adult Leisure
9:00 AM	Aqua Fit		Aqua Zumba®	Adult Leisure	Aqua Zumba®		Aqua Jog		Aqua Fit				Aqua Fit	7:00-11:10
9:15 AM	9:00-9:45 Laura		9:00-9:45 Melissa	9:00-9:40	9:00-9:45 Nicole		9:00-9:45 Teaghan		9:00-9:45 Video Led				9:00-9:45 Andreea	
9:30 AM														
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	Adult Leisure	Aqua Fit	Adult Leisure	Aqua Tabata		Aqua Fit	Adult Leisure	Aqua Zumba®					
10:30 AM	10:15-11:00 Laura	10:20-11:00 Various	10:15-11:00 Various	10:20-11:00	10:15-11:00 Stephanie		10:15-11:00 Various	10:20-11:00	10:15-11:00 Joanne					
10:45 AM														
11:00 AM	Open/Lane	Aqua Stretch	Open/Lane	Adapted Aquatics	Open/Lane	Aqua Stretch	Open/Lane	Adapted Aquatics	Open/Lane	Adult Leisure				
11:15 AM	11:00-11:40	11:05-11:50 Kathy	11:00-11:40	11:00-11:45	11:00-11:40	11:05-11:50 Kathy	11:00-11:40	11:00-12:00	11:00-11:40	10:20-11:45				
11:30 AM	↑↓		↑↓		↑↓		↑↓		↑↓					
11:45 AM														
12:00 PM		Early Years		Client Therapy Clinic		Early Years		Adult Leisure		Early Years				
12:15 PM	Lane Swim	12:00-12:45	Lane Swim	11:45-12:45	Lane Swim	12:00-12:45	Lane Swim	12:00-1:00	Lane Swim	11:45-12:45				
12:30 PM	11:45-1:25		11:45-1:25	Adult Leisure	11:45-1:25		11:45-1:25		11:45-1:25					
12:45 PM	↑↓↑↓		↑↓↑↓	12:45-1:30		Adult Leisure	12:45-2:15		12:45-3:15					
1:00 PM														
1:15 PM		Adult Leisure		Client Therapy Clinic		Client Therapy Clinic		Client Therapy Clinic		Adult Leisure				
1:30 PM	Open/Lane Swim	12:45-3:15	Open/Lane Swim	1:30-2:30	Open/Lane Swim	1:30-2:40	Open/Lane Swim	1:00-2:00	Open/Lane Swim	12:45-3:15				
1:45 PM														
2:00 PM	1:30-2:40		1:30-2:40		1:30-2:40		1:30-2:40		1:30-2:40					
2:15 PM	↑↓		↑↓		↑↓		↑↓		↑↓					
2:30 PM				Adapted Aquatics		Family Swim		Client Therapy Clinic						
2:45 PM				2:30-3:15		2:15-3:15		2:15-3:15						
3:00 PM	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim					
3:15 PM	2:45-4:15		2:45-4:00		2:45-4:00		2:45-4:00		2:45-4:00					
3:30 PM	↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓		↑↓↑↓					
3:45 PM		YMCA After-School Program		YMCA After-School Program		YMCA After-School Program		YMCA After-School Program		YMCA After-School Program				
4:00 PM		3:30-4:30		3:30-4:30		3:30-4:30		3:30-4:30		3:30-4:30				
4:15 PM														
4:30 PM	FAST		YMCA Ignite Swim Team		YMCA Ignite Swim Team		YMCA Ignite Swim Team		YMCA Ignite Swim Team					
4:45 PM	4:15-5:15		4:00-5:15		4:00-5:15		4:00-5:15		4:00-5:30					
5:00 PM														
5:15 PM														
5:30 PM														
5:45 PM														
6:00 PM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons	Special Olympics	Swim Lessons	Family Swim				
6:15 PM		4:45-7:55	5:15-8:30	4:45-7:40	4:45-7:40		4:45-7:55	5:45-6:45	4:45-7:55	6:00-7:00				
6:30 PM														
6:45 PM	Swim Lessons													
7:00 PM	5:15-8:30													
7:15 PM														
7:30 PM														
7:45 PM			Lane Swim											
8:00 PM			7:30-8:30											
8:15 PM			↑											
8:30 PM		Adult Leisure		Adult Leisure		Adult Leisure		YMCA Power Up		Adult Leisure				
8:45 PM	Lane Swim	8:00-9:30	Lane Swim	7:45-9:30	FAST	7:45-9:30	FAST	8:00-9:00	B. Med	8:30-9:30				
9:00 PM	8:30-9:30		8:30-9:30		8:30-9:30		8:30-9:30	Adult Leisure	9:00-9:30					
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.



Notice:

We will be hosting UNB Swimmers from April 20-30th while their facilities are closed for maintenance. Please expect higher traffic than usual during lane/open lane swims.

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.



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	AQUA FIT - 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.

GENTLE AQUA FIT - 14+ YEARS	AQUA FIT TABATA - 14+ YEARS	AQUA JOG - 14+ YEARS
Gentle Aquafit provides low-impact, 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!	Aqua Jog is a fun and social workout! Taking place in the lap pool, participants will be led by an instructor in the pool and encouraged to use the water's resistance to jog and tread water. Enjoy chatting to fellow participants and socializing through the workout. Members are asked to wear swim belts during the routine for the best experience.

RENTALS & YOUTH PROGRAMMING	EARLY YEARS - 0-5 YEARS	FAMILY SWIM - ALL AGES
Reserved pool times for various groups and organizations, as well as YMCA swimming lessons, Ignite swim team, afterschool programs, and preschool programs.	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 Temperature: 86 - 88 F