



# Summer 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<br>5:30-7:40<br>↑↓↑↓    | Adult Leisure<br>5:30-9:40  | Lane Swim<br>5:30-7:40<br>↑↓↑↓                                           | Adult Leisure<br>5:30-9:40           | Lane Swim<br>5:30-7:40<br>↑↓↑↓                                          | Adult Leisure<br>5:30-10:15                                   | Lane Swim<br>5:30-7:40<br>↑↓↑↓                                          | Adult Leisure<br>5:30-9:40      | Lane Swim<br>5:30-7:40<br>↑↓↑↓      | Adult Leisure<br>5:30-10:15         | Effective from July 27 - August 2*                                                                                                                |                                                                            |                                                            |                                                                                                |
| 5:45 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     | Two ways to stay informed on pool schedule changes and closures are:<br>→ Signing up for our Newsletter<br>→ Downloading our YMCA Fredericton App |                                                                            |                                                            |                                                                                                |
| 6:00 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 6:15 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 6:30 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 6:45 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 7:00 AM  | Open/Lane Swim<br>7:45-9:25<br>↑↓ | Adult Leisure<br>5:30-9:40  | Open/Lane Swim<br>7:45-8:25<br>↑↓<br>Aqua Zumba®<br>8:30-9:15<br>Melissa | Adult Leisure<br>5:30-9:40           | Open/Lane Swim<br>7:45-8:25<br>↑↓<br>Aqua Zumba®<br>8:30-9:15<br>Nicole | Adult Leisure<br>5:30-10:15                                   | Open/Lane Swim<br>7:45-8:25<br>↑↓<br>Aqua Zumba®<br>8:30-9:15<br>Joanne | Adult Leisure<br>5:30-10:15     | Lane Swim<br>7:00-10:55<br>↑↓↑↓     | Adult Leisure<br>7:00-9:45          | Lane Swim<br>7:00-8:30<br>↑↓↑↓                                                                                                                    | Adult Leisure<br>7:00-10:30                                                |                                                            |                                                                                                |
| 7:15 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 7:30 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 7:45 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 8:00 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 8:15 AM  | Aqua Fit<br>9:30-10:15<br>Susan   | YMCA ELC<br>9:45-10:15      | Aqua Power<br>9:30-10:15<br>Angela                                       | YMCA ELC<br>9:45-10:15               | Aqua Jog<br>9:30-10:15<br>Teaghan                                       | Adult Leisure<br>5:30-10:15                                   | Aqua Fit<br>9:30-10:15<br>Andreaa                                       | YMCA ELC<br>9:45-10:15          | Aqua Fit<br>9:30-10:15<br>Video Led | Adult Leisure<br>5:30-10:15         | Lane Swim<br>7:00-10:55<br>↑↓↑↓                                                                                                                   | Adult Leisure<br>7:00-9:45                                                 | Open Swim<br>8:35-9:00<br>Aqua Fit<br>9:00-9:45<br>Andreaa | Adult Leisure<br>7:00-10:30                                                                    |
| 8:30 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 8:45 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 9:00 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 9:15 AM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 9:30 AM  | YMCA Camp<br>10:30-11:30          | YMCA Camp<br>10:30-11:30    | YMCA Camp<br>10:30-11:30                                                 | YMCA Camp<br>10:30-11:30             | Open/Lane Swim<br>10:15-11:40<br>↑↓                                     | Early Years<br>10:15-11:00<br>Adapted Aquatics<br>11:00-11:45 | YMCA Camp<br>10:30-11:30                                                | YMCA Camp<br>10:30-11:30        | YMCA Camp<br>10:30-11:30            | Open/Lane Swim<br>11:00-12:45<br>↑↓ | Early Years<br>11:45-12:45                                                                                                                        | Lane Swim<br>9:50-1:15<br>↑↓↑↓                                             | Early Years<br>10:30-11:30                                 |                                                                                                |
| 10:30 AM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 10:45 AM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 11:00 AM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 11:15 AM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 11:30 AM | Lane Swim<br>11:45-1:10<br>↑↓↑↓   | Early Years<br>11:45-12:45  | Lane Swim<br>11:45-1:10<br>↑↓↑↓                                          | Client Therapy Clinic<br>11:45-12:45 | Lane Swim<br>11:45-1:45<br>↑↓↑↓                                         | Adult Leisure<br>11:45-12:45                                  | Lane Swim<br>11:45-1:10<br>↑↓↑↓                                         | Adapted Aquatics<br>11:45-12:45 | Lane Swim<br>11:45-1:00<br>↑↓↑↓     | Adult Leisure<br>11:45-1:00         | Open/Lane Swim<br>11:00-12:45<br>↑↓                                                                                                               | Early Years<br>11:45-12:45                                                 | Adult Leisure<br>11:30-12:30                               |                                                                                                |
| 11:45 AM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 12:00 PM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 12:15 PM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 12:30 PM |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 12:45 PM | Open/Lane Swim<br>1:15-2:00<br>↑↓ | Adult Leisure<br>12:45-2:00 | Open/Lane Swim<br>1:15-2:00<br>↑↓                                        | Adapted Aquatics<br>1:00-2:00        | Family Swim<br>2:00-3:00                                                | Family Swim<br>2:00-3:00                                      | YMCA Camp<br>2:15-3:15                                                  | YMCA Camp<br>2:15-3:15          | YMCA Camp<br>2:15-3:15              | Family Swim<br>1:00-2:00            | Family Swim<br>1:00-2:00                                                                                                                          | Family Swim<br>1:30-2:30                                                   |                                                            |                                                                                                |
| 1:00 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 1:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 1:30 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 1:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 2:00 PM  | YMCA Camp<br>2:15-3:15            | YMCA Camp<br>2:15-3:15      | YMCA Camp<br>2:15-3:15                                                   | YMCA Camp<br>2:15-3:15               | Family Swim<br>2:00-3:00                                                | Family Swim<br>2:00-3:00                                      | YMCA Camp<br>2:15-3:15                                                  | YMCA Camp<br>2:15-3:15          | YMCA Camp<br>2:15-3:15              | Family Swim<br>2:15-3:15            | Family Swim<br>2:15-3:15                                                                                                                          | Family Swim<br>2:45-3:45                                                   |                                                            |                                                                                                |
| 2:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 2:30 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 2:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 3:00 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 3:15 PM  | YMCA Camp<br>3:15-4:15            | YMCA Camp<br>3:15-4:15      | YMCA Camp<br>3:15-4:15                                                   | YMCA Camp<br>3:15-4:15               | Family Swim<br>3:15-4:15                                                | Family Swim<br>3:15-4:15                                      | YMCA Camp<br>3:15-4:15                                                  | YMCA Camp<br>3:15-4:15          | YMCA Camp<br>3:15-4:15              | Family Swim<br>3:30-4:30            | Family Swim<br>3:30-4:30                                                                                                                          | Family Swim<br>4:00-5:00                                                   |                                                            |                                                                                                |
| 3:30 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 3:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 4:00 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 4:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 4:30 PM  | Swim Lessons<br>4:30-7:45         | Swim Lessons<br>4:30-7:45   | Swim Lessons<br>4:30-7:45                                                | Swim Lessons<br>4:30-7:45            | Swim Lessons<br>4:30-8:45                                               | Swim Lessons<br>4:30-7:45                                     | Swim Lessons<br>4:30-8:45                                               | Swim Lessons<br>4:30-7:30       | Swim Lessons<br>4:30-8:45           | Family Swim<br>4:30-5:30            | Lane Swim<br>4:45-7:30<br>↑↓↑↓                                                                                                                    | Adult Leisure<br>4:45-7:30                                                 | Lane Swim<br>5:15-7:30<br>↑↓↑↓                             | Adult Leisure<br>5:15-7:30                                                                     |
| 4:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 5:00 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 5:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 5:30 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 5:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 6:00 PM  | Lane Swim<br>7:45-9:30<br>↑↓↑↓    | Adult Leisure<br>7:45-9:30  | Lane Swim<br>7:45-9:30<br>↑↓↑↓                                           | Adult Leisure<br>7:45-9:30           | Lane Swim<br>8:45-9:30<br>↑↓↑↓                                          | Adult Leisure<br>7:45-9:30                                    | Lane Swim<br>8:45-9:30<br>↑↓↑↓                                          | Adult Leisure<br>7:30-9:30      | Lane Swim<br>8:15-9:30<br>↑↓↑↓      | Adult Leisure<br>8:15-9:30          | → 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<br>kathleen.kowalchuk@ymcafredericton.org for more information. |
| 6:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 6:30 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 6:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 7:00 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 7:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 7:30 PM  | Lane Swim<br>7:45-9:30<br>↑↓↑↓    | Adult Leisure<br>7:45-9:30  | Lane Swim<br>7:45-9:30<br>↑↓↑↓                                           | Adult Leisure<br>7:45-9:30           | Lane Swim<br>8:45-9:30<br>↑↓↑↓                                          | Adult Leisure<br>7:45-9:30                                    | Lane Swim<br>8:45-9:30<br>↑↓↑↓                                          | Adult Leisure<br>7:30-9:30      | Lane Swim<br>8:15-9:30<br>↑↓↑↓      | Adult Leisure<br>8:15-9:30          | → 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<br>kathleen.kowalchuk@ymcafredericton.org for more information. |
| 7:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 8:00 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 8:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 8:30 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 8:45 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 9:00 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |
| 9:15 PM  |                                   |                             |                                                                          |                                      |                                                                         |                                                               |                                                                         |                                 |                                     |                                     |                                                                                                                                                   |                                                                            |                                                            |                                                                                                |



# 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.<br>Lanes are available for all swim speeds; however, swimmers must be able to swim 25 metres and be comfortable in deep water.<br>Circle swim is required during lane swims. | A combination of recreational and lap swim.<br>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.<br>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.<br>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.<br>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.<br>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.<br>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.<br><br>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                                                                                                                                       |
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| 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.<br>Select toys and Personal Flotation Devices (PFDs) are available. | An open swim to enjoy the pool with family and friends.<br>Select toys and Personal Flotation Devices (PFDs) are available for use.<br>Pool location varies. |

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| Lap Pool Depth: 4'0" - 8'5"    Lap Pool Temperature: 80 - 82 F<br>Leisure Pool Depth: 3'8"    Leisure Pool Temperatue: 86 - 88 F |
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