# Fall Aquatics Schedule

Shine On Fredericton

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|---|---|
| Lane Swim (10+) | Aqua Fitness (14+) |
| Adult/Preadult (16+) | Adapted Aquatics |
| Recreational | Registration/Rental |

| | Thanksgiving | | 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 ↑↓↑↓ | Adult Leisure 5:30-9:40 | Lane Swim 5:30-7:40 ↑↓↑↓ | Adult Leisure 5:30-8:15 | Lane Swim 5:30-7:40 ↑↓↑↓ | Adult Leisure 5:30-11:00 | Lane Swim 5:30-7:40 ↑↓↑↓ | Adult Leisure 5:30-9:40 | Lane Swim 5:30-7:40 ↑↓↑↓ | Adult Leisure 5:30-9:40 | | | | |
| 5:45 AM | | | | | | | | | | | | | | |
| 6:00 AM | | | | | | | | | | | | | | |
| 6:15 AM | | | | | | | | | | | | | | |
| 6:30 AM | | | | | | | | | | | | | | |
| 6:45 AM | | | | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | Lane Swim 7:00-8:00 ↑↓↑↓ | Adult Leisure 7:00-9:00 | Triclub 7:00-8:30 | Adult Leisure 7:00-9:45 |
| 7:15 AM | | | | | | | | | | | | | | |
| 7:30 AM | | | | | | | | | | | | | | |
| 7:45 AM | Open/Lane Swim 7:45-8:55 ↑↓ | | Open/Lane Swim 7:45-8:55 ↑↓ | | Open/Lane Swim 7:45-8:55 ↑↓ | | Open/Lane Swim 7:45-8:55 ↑↓ | | Open/Lane Swim 7:45-8:55 ↑↓ | | | | | |
| 8:00 AM | | | | | | | | | | | YMCA Ignite Swim Team 8:00-10:00 | | Open/Lane Swim 8:35-9:45 ↑↓ | |
| 8:15 AM | | | | Gentle Aquafit 8:15-9:00 *Susan* | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | | | | |
| 8:45 AM | | | | | | | | | | | | | | |
| 9:00 AM | Aqua Fit 9:00-9:45 *Simony* | | Aqua Zumba® 9:00-9:45 *Melissa* | Adult Leisure 9:00-9:40 | Aqua Zumba® 9:00-9:45 *Nicole* | | Aqua Jog 9:00-9:45 *Teaghan* | | Aqua Fit 9:00-9:45 *Kris* | | | Swim Lessons 9:00-11:15 | | |
| 9:15 AM | | | | | | | | | | | | | | |
| 9:30 AM | | | | | | | | | | | | | | |
| 9:45 AM | Open Swim 9:45-10:15 | YMCA ELC 9:45-10:15 | Open Swim 9:45-10:15 | YMCA ELC 9:45-10:15 | Open Swim 9:45-10:15 | | Open Swim 9:45-10:15 | YMCA ELC 9:45-10:15 | Open Swim 9:45-10:15 | YMCA ELC 9:45-10:15 | | | | |
| 10:00 AM | | | | | | | | | | | | | UNB SPRING 10:00-11:00 | |
| 10:15 AM | Aqua Fit 10:15-11:00 *Susan* | Adult Leisure 10:20-11:00 | Aqua Power 10:15-11:00 *Angela* | Adult Leisure 10:20-11:00 | Aqua Tabata 10:15-11:00 *Stephanie* | | Aqua Power 10:15-11:00 *Angela* | Adult Leisure 10:20-11:00 | Aqua Zumba® 10:15-11:00 *Joanne* | Adult Leisure 10:20-11:45 | | | | |
| 10:30 AM | | | | | | | | | | | | | | |
| 10:45 AM | | | | | | | | | | | | | | |
| 11:00 AM | Open/Lane 11:00-11:40 ↑↓ | Aqua Stretch 11:05-11:50 *Kathy* | 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 ↑↓ | | Swim Lessons 10:00-1:15 | Play & Swim 11:15-12:15 | Swim Lessons 11:15-2:30 | Swim Lessons 11:15-1:30 |
| 11:15 AM | | | | | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | | | | | |
| 11:45 AM | Lane Swim 11:45-1:25 ↑↓↑↓ | Early Years 12:00-12:45 | Lane Swim 11:45-1:25 ↑↓↑↓ | Client Therapy Clinic 11:45-12:45 | Lane Swim 11:45-1:25 ↑↓↑↓ | Early Years 12:00-12:45 | Lane Swim 11:45-1:25 ↑↓↑↓ | Adult Leisure 12:00-1:00 | Lane Swim 11:45-1:25 ↑↓↑↓ | Early Years 11:45-12:45 | | | | |
| 12:00 PM | | | | | | | | | | | | | | |
| 12:15 PM | | | | | | | | | | | | | | |
| 12:30 PM | | | | | | | | | | | Lane Swim 12:30-1:15 ↑↓ | Adult Leisure 12:30-1:15 | | |
| 12:45 PM | | Adult Leisure 12:45-3:15 | | Adult Leisure 12:45-1:30 | | Adult Leisure 12:45-2:15 | | Client Therapy Clinic 1:00-2:00 | | Adult Leisure 12:45-3:15 | | | | |
| 1:00 PM | | | | | | | | | | | | | | |
| 1:15 PM | | | | | | | | | | | Open/Lane Swim 1:15-2:00 ↑↓ | Early Years 1:15-2:00 | | |
| 1:30 PM | Open/Lane Swim 1:30-2:40 ↑↓ | | Open/Lane Swim 1:30-2:40 ↑↓ | Client Therapy Clinic 1:30-2:30 | Open/Lane Swim 1:30-2:40 ↑↓ | | Open/Lane Swim 1:30-2:40 ↑↓ | | Open/Lane Swim 1:30-2:40 ↑↓ | | | | | Play & Swim 1:30-2:30 |
| 1:45 PM | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | |
| 2:15 PM | | | | Adapted Aquatics 2:30-3:15 | | Family Swim 2:15-3:15 | | Adult Leisure 2:00-3:15 | | | Family Swim 2:15-3:15 | | | |
| 2:30 PM | | | | | | | | | | | | | | |
| 2:45 PM | Lane Swim 2:45-4:15 ↑↓↑↓ | | Lane Swim 2:45-4:00 ↑↓↑↓ | | Lane Swim 2:45-4:00 ↑↓↑↓ | | Lane Swim 2:45-4:00 ↑↓↑↓ | | Lane Swim 2:45-4:00 ↑↓↑↓ | | | | Family Swim 2:45-3:45 | |
| 3:00 PM | | | | | | | | | | | | | | |
| 3:15 PM | | | | | | | | | | | | | | |
| 3:30 PM | | YMCA After-School Program 3:30-4:30 | | YMCA After-School Program 3:30-4:30 | | YMCA After-School Program 3:30-4:30 | | YMCA After-School Program 3:30-4:30 | | YMCA After-School Program 3:30-4:30 | Family Swim 3:30-4:30 | | | |
| 3:45 PM | | | | | | | | | | | | | | |
| 4:00 PM | FAST 4:15-5:15 | | YMCA Ignite Swim Team 4:00-5:15 | | YMCA Ignite Swim Team 4:00-5:50 | | YMCA Ignite Swim Team 4:00-6:25 | | YMCA Ignite Swim Team 4:00-5:30 | | | | Family Swim 4:00-5:00 | |
| 4:15 PM | | | | | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | | | | |
| 4:45 PM | | Swim Lessons 4:45-7:55 | | Swim Lessons 4:45-7:40 | | Swim Lessons 4:45-7:40 | | Swim Lessons 4:45-7:55 | | Family Swim 4:45-5:45 | Lane Swim 4:45-7:30 ↑↓↑↓ | Adult Leisure 4:45-7:30 | | |
| 5:00 PM | | | | | | | | | | | | | | |
| 5:15 PM | Ignite Swim Team 5:15-7:00 | | Swim Lessons 5:15-8:30 | | Swim Lessons 4:45-8:30 | | Swim Lessons 5:15-8:30 | | Special Olympics 5:45-6:45 | Family Swim 6:00-7:00 | | | Lane Swim 5:15-7:30 ↑↓↑↓ | Adult Leisure 5:15-7:30 |
| 5:30 PM | | | | | | | | | | | | | | |
| 5:45 PM | | | | | | | | | | | | | | |
| 6:00 PM | | | | | | | | | | | | | | |
| 6:15 PM | | | | | | | | | | | | | | |
| 6:30 PM | | | | | | | | | | | | | | |
| 6:45 PM | | | | | | | | | | | | | | |
| 7:00 PM | | | | | | | | | FAST 7:00-8:30 | Y FIRE 7:15-8:15 | | | | |
| 7:15 PM | Swim Lessons 5:15-8:30 | | | | | | | | | | | | | |
| 7:30 PM | | | Lane Swim 7:30-8:30 ↑ | | | | | | | | | | | |
| 7:45 PM | | | | | | | | | | | | | | |
| 8:00 PM | | Adult Leisure 8:00-9:30 | | Adult Leisure 7:45-9:30 | | Adult Leisure 7:45-9:30 | | Adult Leisure 8:00-9:30 | | | | | | |
| 8:15 PM | | | | | | | | | | | | | | |
| 8:30 PM | Lane Swim 8:30-9:30 ↑↓↑↓ | | Lane Swim 8:30-9:30 ↑↓↑↓ | | FAST 8:30-9:30 | | FAST 8:30-9:30 | | Lane Swim 8:30-9:30 ↑↓↑↓ | Adult Leisure 8:30-9:30 | | | | |
| 8:45 PM | | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | |
| 9:15 PM | | | | | | | | | | | | | | |

## Effective from Oct 19-25*

Two ways to stay informed on pool schedule changes and closures are:

→ Signing up for our Newsletter

→ Downloading our YMCA Fredericton App

→ 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.

**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.<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. 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.<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>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.<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. |

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