



Shine On

# Summer Pool Schedule

July 2-August 25, 2024 (No Aqua Camp)

For the weeks of July 1-5; July 15-19; July 29-Aug 2; Aug 5-9; Aug 12-16

Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-9:30pm

Saturday & Sunday 8am-4pm

Statutory Holidays 8am-4pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure
Lane Swim 6-8:50am	Rec Swim 6am-1:20pm	Lane/Rec Swim 6-10:20am	Rec Swim 6-10:45am	Lane Swim 6-8:50am	Rec Swim 6-9:55am	Lane/Rec Swim 6-10:20am	Rec Swim 6-10:45am	Lane Swim 6-8:50am	Rec Swim 6am-1:20pm	MEMBERS ONLY 8-8:50AM		Lane/Rec Swim 8-2:25pm	Rec Swim 8am-2:25pm
Aquafit 9-9:45am			Cardiac Rehab 10:50-11:50am	Aquafit 9-9:45am			Cardiac Rehab 10:50-11:50am	Aquafit 9-9:45am					
Lane/Rec Swim 9:50am-1:20pm		Aquafit 10:30-11:15am	Lane/Rec Swim 11:20am-1:20pm	Aqualite 12-12:45pm	Lane/Rec Swim 9:50am-1:25pm	Swim Lessons 10-1:25pm	Aquafit 10:30-11:15am	Aqualite 12-12:45pm		Lane/Rec Swim 9:50am-1:20pm	Lane/Rec Swim 8:50am-3:30pm	SLIDE 12-12:30pm	Rec Swim 8:50am-3:30pm
Day Camp 1:30-3pm		Day Camp 1:30-3pm		Day Camp 1:30-3pm		Day Camp 1:30-3pm		Day Camp 1:30-3pm		Lane/Rec Swim 8:50am - 3:30pm	SLIDE 12-12:30pm	AND	
Lane/Rec Swim 3:05-9pm	Rec Swim 3:05-9pm	Lane/Rec Swim 3:05-4:20pm	Rec Swim 3:05-4:20pm	Lane/Rec Swim 3:05-6:50pm	Rec Swim 3:05-9pm	Lane/Rec Swim 3:05-4:20pm	Rec Swim 3:05-4:20pm	MEMBERS ONLY 3:05-5pm		Lane/Rec Swim 5-9pm	Rec Swim 5-9pm	SLIDE 7-8pm	SLIDE 7-8pm
		Swim Lessons 4:30-7:30pm		Aquafit 7-7:45pm		Swim Lessons 4:30-7:30pm		Lane/Rec Swim 5-9pm	Rec Swim 5-9pm				
		Lane/Rec Swim 7:35-9:00pm	Rec Swim 7:35-9:00pm			Lane/Rec Swim 7:35-9:00pm	Rec Swim 7:35-9:00pm						
SLIDE 7:35-8pm		Lane/Rec Swim 7:35-9:00pm	SLIDE 7:35-8pm	Lane/Rec Swim 7:50-9pm	SLIDE 7:35-8pm		Lane/Rec Swim 7:35-9:00pm	SLIDE 7:35-8pm	Lane/Rec Swim 5-9pm	Rec Swim 5-9pm	SLIDE 7-8pm	SLIDE 7-8pm	

Schedules are subject to change.

705-674-8315 | ymcaeo.ca

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**Lane Swim:** Open to all lap swimmers. Go at your own pace with fast, medium, and slow lanes in our 25m Lap Pool. We ask participants to circle swim when necessary.

**Open Swim:** Relax and play with your family and friends in all four of our pools.

**Family Swim:** Come out with your little ones and enjoy our Splash, Leisure, and Therapy Pools during this time. Please note that the Lap Pool will not be available during Family Swim as other activities will be scheduled at these times.

**Aquafit:** A full-body workout that uses water resistance, pool noodles, and paddles to increase heart rate and work muscles. The water will help with joint stabilization and body weight support making this an ideal workout for anyone.

**Aqua Running:** A water-based running workout done while you are tethered to a lane rope. Ideal for all fitness levels and great for those who cannot sustain impact on their joints.

**Hydrotherapy:** This class will help with joint mobility by using gentle functional movement exercises. Spinal stabilization and postural awareness are the main objectives of this class. Great for arthritis, mobility issues and joint replacements.

**Adult Lessons:** If you are looking to learn better technique, or if you want to learn to swim from the beginning, one of our YMCA Swim Instructors will help you progress in the pool. Available for members only, ages 13+ years. Currently offering levels 1 and 3.

**Level 1:** For beginners looking to become comfortable in the water.

**Level 2:** Must be able to swim one full length of the pool. The purpose of this class is to improve strokes.

**Level 3:** Should be comfortable swimming 200 meters and looking to improve speed and efficiency.

**Junior Lifeguard Club (JLC):** Perfect for youth 10-13 years of age who thrive in an energetic learning environment. JLC keeps youth active in aquatics and helps to develop leadership in those aspiring to become lifeguards. The main program criteria will be based on the Bronze Star Program.

**Youth Stroke Correction:** Geared towards assisting youth 8-14 years with improving swim strokes. Provides additional practice time with the help of an instructor to improve a specific stroke or multiple strokes. This is a free program available for swimmers with a Star-level swim ability.

**Advanced Aquatics:** This time is reserved for lifeguarding courses such as Bronze Medallion Bronze Cross, National Lifeguard, and Swim Instructors.

## **CHILDMINDING HOURS**

Drop the kids off and enjoy some YOU time:  
Ages 3m-5y and Youth Drop In (6-12y) **Combo**

**AM** - Monday, Tuesday and Thursday 9:00am-1:00pm

**AM** - Wednesday and Friday 8:00am-12:00pm

**PM** - Tuesday and Thursday 5:00pm-8:00pm