



FALL SCHEDULE 2022

AQUATICS



September 6 to Week of December 24th, 2022

Swim lessons start the week of Sept 12th

Pool will be closed from Aug 27th and reopening Sept 9th

MONDAYS

6:20am to 7:15am Lane Swim
7:30am to 8:30pm Aqua
Fitness/Ai Chi Naseem
8:30am to 9:30am Open
Swim
10:00am to 10:45am Adult
Leisure Swim/2 Lanes
10:50am to 11:50am Aqua
Recovery/Ai Chi
12:00pm to 1:00pm Lane
Swim
12:00pm to 1:00pm Swim with
Joanie (One on One instruction
with Joanie Cunningham)
1:05pm to 2:00pm Lane Swim
4:00pm to 6:45pm Learn to
Swim (Registered Program)
7:00pm to 7:45pm Aqua Fit
8:00pm to 8:45pm Lane Swim

TUESDAY

6:45AM TO 7:45AM
DORADOS/2 LANES
8:00am to 8:55am Open
Swim/2 Lanes
9:00am to 9:55am Aqua
Fitness/Ai Chi
10:00am to 10:45am Pool
time Play Pals (5yrs and
under)
10:50am to 11:50am Gentle
Aqua Fitness with Debbie
12:00pm to 1:00pm Lane
Swim
1:10pm to 2:00pm Aqua
Therapy/Ai Chi (Registered
Program)
4:00pm to 7:00pm Learn to
Swim (Registered Program &
Private Lessons)
7:00pm to 7:45pm Adult
Learn to Swim (Registered
Program)
8:00pm to 8:45 Lane Swim

WEDNESDAY

6:20am to 7:15am Lane Swim
7:30am to 8:15pm Aqua
Fitness
8:20am to 9:20am Open Swim
10:00am to 10:45am Adult
Leisure Swim/2 Lanes
11:00am to 11:45am Aqua
Recovery (Kathy)
12:00pm to 1:00pm Lane
Swim
12:00pm to 1:00pm Swim with
Joanie (One on One instruction
with Joanie Cunningham)
1:05pm to 2:00pm Lane Swim
4:00pm to 6:45pm Learn to
Swim (Registered Program)
7:00pm to 7:45pm Aqua Fit
8:00pm to 8:45pm Lane Swim

REGISTER UP TO 24 HOURS IN ADVANCE

<https://ymcaofcapebreton.punchpass.com>



THURSDAY

6:45AM TO 7:45AM

DORADOS/2 LANES

8:00am to 8:55am Open Swim/2 Lanes

9:00am to 9:55am Aqua Fitness/Ai Chi

10:00am to 10:45am Pool time Play Pals (5yrs and under)

11:00am to 11:55am Lane Swim

12:00pm to 1:00pm Lane Swim

1:10pm to 2:00pm Aqua Therapy/Ai Chi (Registered Program)

4:00pm to 7:00pm Learn to Swim (Registered Program & Private Lessons)

7:00pm to 7:45pm Adult Learn to Swim (Registered Program)

8:00pm to 8:45pm Lane Swim

FRIDAY

6:20am to 7:15am Lane Swim

7:30am to 8:15am Aqua Fitness

8:20am to 9:30am Open Swim

10:00am to 10:45am Adult Leisure Swim/2 Lanes

10:50am to 11:50am Aqua Recovery/Ai Chi

12:00pm to 1:00pm Lane Swim

12:00pm to 1:00pm Swim with Joanie (One on One instruction with Joanie Cunningham)

1:05pm to 2:00pm Lane Swim

6:15pm to 7:15pm Family Open Swim (Call to Book your families spot – 902-562-9622 #1)

7:00pm to 8:15pm Junior Guard (Registered Program)

8:00pm to 8:45pm Lifesaving Sport (Registered Program)

SATURDAY

8:15am to 9:15am Lane Swim

9:30am to 2:00pm Learn to Swim (Registered Program & Private Swim lessons)

2:15pm to 3:00pm Autism Swim-ability - Learn to Swim (Registered Program)

3:15pm to 4:15pm Family Open Swim (Call to Book your families spot – 902-562-9622 #1)

SUNDAY

8:30am to 9:30am Lane Swim

9:45am to 10:30am Aqua Fitness

10:35am to 11:30am Open Swim/2 Lanes

12:00pm to 2:00pm Family Open Swim (Call to Book your families spot – 902-562-9622 #1)

2:15pm to 3:15pm Pool Rental

Revised August 18, 2022

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