



WINTER SCHEDULE

AQUATICS Starts Jan 8th 2023

MONDAY

6:20am to 7:15am
7:30am to 8:30pm
8:30am to 9:30am
10:00am to 10:45am
10:50am to 11:50am
12:00pm to 1:00pm
12:00pm to 1:00pm

Lane Swim
Aqua Fitness/Ai Chi Naseem
Open Swim
Adult Leisure Swim/2 Lanes
Aqua Recovery/Ai Chi
Lane Swim
Swim with Joanie
(One on One instruction with Joanie Cunningham)
Lane Swim
Learn to Swim (Registered Program)
Aqua Fit
Lane Swim

TUESDAY

6:45am to 7:45am
8:00am to 8:55am
9:00am to 9:55am
10:00am to 10:45am
10:50am to 11:50am
12:00pm to 1:00pm
1:10pm to 2:00pm
4:00pm to 7:00pm

Dorados/2 Lanes
Open Swim/2 Lanes
Aqua Fitness/Ai Chi
Pool time Play Pals (5yrs and under)
Gentle Aqua Fitness with Debbie
Lane Swim
Aqua Therapy/Ai Chi (Registered Program)
Learn to Swim
(Registered Program & Private Lessons)
Adult Learn to Swim (Registered Program)
Lane Swim

WEDNESDAY

6:20am to 7:15am
7:30am to 8:15pm
8:20am to 9:20am
10:00am to 10:55am

Lane Swim
Aqua Fitness
Open Swim
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

THURSDAY

6:45am to 7:45am

Dorados/2 Lanes

8:00am to 8:55am

Open Swim with 2 Lanes

9:00am to 9:45am

Aqua Fitness

10:00am to 10:45am

Pool time Play Pals (5yrs and under)

11:30am to 12:00pm

Lane Swim

12:00pm to 1:00pm

Lane Swim

1:10pm to 2:00pm

Aqua Therapy (Registered Program)

4:00pm to 7:00pm

Learn to Swim (Registered Program & Private Lessons)

7:00pm to 7:45pm

Family Swim (call to book your families spot-902-562-9622 Option #1)

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

9:30am to 2:00pm

2:15pm to 3:00pm

3:15pm to 4:15pm

Lane Swim

Learn to Swim (Registered Program & Private Swim lessons)

Autism Swim –ability- Learn to Swim (Registered Program)

Family Open Swim

(Call to Book your families spot – 902-562-9622 #1)

SUNDAY

8:30am to 9:30am

9:45am to 10:30am

10:35am to 11:30am

12:00pm to 2:00pm

2:15pm to 3:15pm

Lane Swim

Aqua Fitness

Open Swim/2 Lanes

Family Open Swim

(Call to Book your families spot – 902-562-9622 #1)

Pool Rental

***Register up to 24 hours in advance: <https://ymcaofcapebretonaquatics.punchpass.com>*

To sign up for a Child, Youth or Adult Swim Lesson please email: Julie.mackinnon@cb.ymca.ca

