



Summer Schedule 2023

AQUATICS

Effective July 2nd - Aug 26th, 2023

Monday:

6:20am-7:20am	Lane Swim
7:30am-8:25am	Aquafit
8:30am-9:30am	Open Swim
10:00am-10:45am	Aqua Recovery
11:00am-12:00pm	Lane Swim
12:05pm-1:00pm	Lane Swim
12:05pm-1:00pm	Lane Swim with Joannie
5:30pm - 6:45pm	Family Swim
6:50pm - 7:50pm	Aqua Fit
8:00pm-8:45pm	Lane Swim

Tuesday:

6:30am - 7:30am	Lane Swim
7:45am - 8:45am	Open Swim
8:50am - 9:45am	Aquafit
10:00am - 10:45am	Family Play Pal
11:00am - 12:00pm	Lane Swim
12:00pm - 1:00pm	Lane Swim
12:05pm - 1:00pm	Lane Swim with Joannie
4:00pm - 5:40pm	Summer Lessons (Starts July 4th)
5:45pm - 6:15pm	Private Lessons (Starts July 4th)
6:30pm - 7:15pm	Adult Lessons
7:30pm - 8:30pm	Lane Swim

Wednesday:

6:20am-7:20am	Lane Swim
7:30am-8:25am	Aquafit
8:30am-9:30am	Open Swim
10:00am-10:45am	Aqua Recovery
11:00am-12:00pm	Lane Swim
12:05pm -1:00pm	Lane Swim
12:05pm-1:00pm	Lane Swim with Joannie
5:30pm - 6:45pm	Family Swim
6:50pm - 7:50pm	Aqua Fit
8:00pm - 8:45pm	Lane Swim

Thursday:

6:30am - 7:30am	Lane Swim
7:45am - 8:45am	Open Swim
8:50am - 9:45am	Aquafit
10:00am - 10:45am	Family Play Pal
11:00am - 12:00pm	Lane Swim
12:05pm - 1:00pm	Lane Swim
4:00pm-5:40pm	Summer Lessons (Starts July 6th)
5:45pm- 6:15pm	Private Lessons (Starts July 6th)
6:30pm - 7:30pm	Family Swim
7:45pm - 8:45pm	Lane Swim

Friday:

6:20am-7:20am	Lane Swim
7:30am-8:25am	Aquafit
8:30am-9:30am	Open Swim/2 lanes
10:00am - 10:55am	Adult Open Swim
11:00am-12:00pm	Lane Swim 55 min
12:05pm-1:00pm	Lane Swim
12:05pm-1:00pm	Lane Swim with Joannie

Saturday:

9:45am - 10:45am	Lane Swim
11:00am - 11:55pm	Adult Open Swim
12:00pm - 2:00pm	Family Swim

Sunday:

8:30am - 9:30am	Lane Swim
9:45am - 10:45am	Aqua fitness
10:50am - 11:50pm	Adult Open Swim
12:00pm - 2:00pm	Family Swim
2:15pm - 3:15pm	Pool Rental

Register Online:
ymcaofcapebreton.punchpass.com



Sydney: 902-562-9622 | Membertou: 902-270-9622
www.capebreton.ymca.ca

