

Holiday Schedule

December 24th, 2023 –
December 30th, 2024

Aquatic Fitness



Make Time for You to

Shine On

Sunday, Dec 24th

8:30am – 9:30am Lane Swim

9:40am – 10:40am Adult Leisure Swim with 2 lanes

11:00pm – 12:00pm Family Open Swim

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

12:00pm – 1:00pm Lane Swim

8:30am – 9:30am Lane Swim

9:40am – 10:40am Adult Leisure Swim with 2 lanes

11:00pm – 12:00pm Family Open Swim

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

12:00pm – 1:00pm Lane Swim

Monday, Dec 25th

CLOSED

Tuesday, Dec 26th

CLOSED

Wednesday, Dec 27th

6:20-7:20am Lane Swim

7:30-8:30am Aqua Fitness

8:30-9:30am Open Swim

10:00-10:45am Adult Leisure Swim

10:50-11:50am Aqua Recovery

12:00pm - 1:00pm Lane Swim

1:05pm -2:00pm Lane Swim

2:15pm – 3:00pm YMCA Camp

5:30pm - 6:30pm Family Open Swim

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

6:45pm – 7:45pm Family Open Swim

8:00 pm – 9:00pm Lane Swim

Thursday, Dec 28th

6:30am–7:45am Lane Swim
7:45am–8:40am Open Swim/2 Lanes
8:45am–9:45am Aqua fitness
10:00am–10:45 Play Pals Swim
12:00pm–1:00pm Lane Swim
1:15pm–2:00pm Aqua Therapy
2:15pm–3:00pm YMCA Camp
5:30pm–6:30pm Family Open Swim
(Call to book your families spot 902-562-9622 #1)
6:30pm–7:30pm Family Swim
(Call to book your families spot 902-562-9622 #1)
7:45pm – 8:45pm Lane Swim

Friday, Dec 29th

6:20-7:20am Lane Swim
7:30-8:30am Aqua Fitness
8:30-9:30am Open Swim
10:00-10:45am Adult Leisure Swim
10:50-11:50am Aqua Recovery
12:00pm-1:00pm Lane Swim
1:05pm-2:00pm Lane Swim
2:15pm–3:00pm YMCA Camp

Saturday Dec 30th

8:15am – 9:15am Lane Swim
9:30am – 10:45am Adult Open Swim
11:00am – 12:00pm Lane Swim
1:00pm – 2:00pm Family Swim
(Call to book your families spot 902-562-9622 #1)
2:10pm – 3:10pm Family Swim
(Call to book your families spot 902-562-9622 #1)

