

# Holiday Schedule

December 17th, 2023 –  
December 23rd, 2024

# Aquatic Fitness

Make Time for You to

# Shine On

## Sunday, Dec 17th

8:30am–9:30am Lane Swim

9:40am–10:35 Aqua Fitness

10:40am–11:30am Adult Leisure Swim with 2 lanes

\*12:00pm–1:00pm Family Open Swim

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

\*1:00pm–2:00pm Family Open Swim

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

2:15pm–3:15pm Pool Rental

## Monday, Dec 18th

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

\*5:30pm–6:45pm Family Open Swim

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

7:00pm – 7:45pm Aqua Fitness

8:00pm – 9:00pm Lane Swim

## Tuesday, Dec 19th

6:30am–7:45am Lane Swim

7:45 am–8:40am Open Swim/2 Lanes

8:45 am–9:45am Aqua fitness

\*10:00am–10:45 Family Play Pals Swim

10:50am–11:50am Aqua Stretch

12:00pm–1:00pm Lane Swim

1:15pm–2:00pm Aqua Therapy

\*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



## Wednesday, Dec 20th

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  
\*5:30pm - 6:45pm Family Open Swim  
(Call to book your families spot 902-562-9622 #1)  
7:00pm – 7:45pm Aqua Fitness  
8:00pm – 9:00pm Lane Swim

## Thursday, Dec 21st

6:30am–7:45am Lane Swim  
7:45am–8:40am Open Swim/2 Lanes  
8:45am-9:45am Aqua fitness  
\*10:00am–10:45 Family 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 22nd

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 23rd

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   
\*2:10pm – 3:10pm Family Swim  
Book on line: [Class Schedule for YMCA of Cape Breton | powered by Punchpass.com](#) · YMCA of Cape Breton

