

Winter Schedule 2024 Aquatic Fitness



Make Time for You to
Shine On

Monday

- 6:20am - 7:20am Lane Swim
- 7:30am - 8:30pm Aqua Fitness
- 8:30am - 9:30am Open Swim
- 10:00am - 10:45am Adult Leisure Swim/2 Lanes
- 10:50am - 11:50am Aqua Recovery
- 12:00pm - 1:00pm Lane Swim
- 12:00pm - 1:00pm Swim with Joanie
(One on One instruction with Joanie Cunningham)
- 1:05pm - 2:00pm Lane Swim
- 4:00pm - 6:55pm Learn to Swim
(Registered Program)
- 7:00pm - 7:50pm Aqua Fit
- 8:00pm - 9:00pm Lane Swim

Tuesday

- 6:30am - 7:45am Dorados with 2 lanes
- 7:45am - 8:40am Open Swim with 2 Lanes
- 8:45am - 9:45am Aqua Fitness
- 10:00am - 10:45am Pool time Play Pals (5yrs and under)
- 10:50am - 11:50am Gentle Aqua Fitness with Debbie
- 12:00pm - 1:00pm Lane Swim
- 1:10pm - 2:00pm Aqua Therapy (Registered Program)
- 4:00pm - 7:00pm Learn to Swim
(Registered Program & Private Lessons)
- 7:00pm - 8:00pm Family Open Swim
(Call to Book your families spot – 902-562-9622 #1)
- Triathlon Training every third week
- 8:15pm - 9:15pm Lane Swim



Wednesday

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/2 Lanes
10:50-11:35am Swim to Survive
12:00pm-1:00pm Swim with Joanie
(One on One instruction with Joanie Cunningham)
12:00pm-1:00pm Land Swim
1:05pm-2:00pm Lane Swim
4:00pm-6:45pm Learn to Swim (Registered Program)
7:00pm-8:00pm Aqua Fit
8:15pm-9:15pm Lane Swim

Thursday

6:30am-7:45am Dorados with 2 lanes
7:45am-8:40am Open Swim with 2 Lanes
8:45am-9:45am Aqua Fitness
10:00am-10:45am Pool time Play Pals (5yrs and under)
11:00am-11:55am Lane Swim
12:00pm-1:00pm Lane Swim
1:10pm-2:00pm Aqua Therapy (Registered Program)
4:00pm-7:00pm Learn to Swim
(Registered Program & Private Lessons)
7:00pm-7:45pm Special Olympics
8:00pm-9:00pm Lane Swim

Friday

6:20am-7:20am Lane Swim
7:30am-8:30am Aqua Fitness
8:30am-9:30am Open Swim
10:00am-10:45am Adult Leisure Swim/2 Lanes
10:50am-11:50am Aqua Recovery (Registered Program)
12:00pm-1:00pm Lane Swim
12:00pm-1:00pm Swim with Joanie
(One on One instruction with Joanie Cunningham)
1:05pm-2:00pm Lane Swim
4:00pm-6:00pm NADACA
6:15pm-7:15pm Family Open Swim
(Call to Book your families spot – 902-562-9622 #1)
7:00pm-8:30pm Junior Guard (Registered Program)





Saturday

8:15am-9:15am Lane Swim

9:30am-2:00pm Learn to Swim

(Registered Program & Private Swim lessons)

2:05pm-2:50pm Autism Swim-ability - Learn to Swim (Registered Program)

3:00pm-4:15pm Family Open Swim

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

Sunday

8:30am-9:30am Lane Swim

9:40am-10:35am Aqua Fitness

10:45am-12:30pm Learn to Swim

(Registered Program & Private Swim lessons)

***12:40pm-1:20pm** Adult Learn to Swim (new times)

1:45pm-2:45pm Birthday Party

3:00pm-4:30pm Family Open Swim

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

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Shine On



Shine On  Cape Breton

<https://ymcaofcapebretonaquatics.punchpass.com/classes>