



FALL 2024 SCHEDULE

September 16th - December 21st

Aquatics

MONDAY

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

TUESDAY

6:30-7:45am Dorados/2 Lanes
8:00-8:45am Open Swim
8:45-9:45am Aqua Fitness
10:00-10:45am Play Pals Pool Time (5 years and under)
10:50-11:50am Deep Water Aqua Fitness with Debra
12:00-1:00pm Lane Swim
1:10-2:00pm Aqua Therapy (Registered Program)
4:00 - 7:00pm Learn to Swim (Registered Program)
7:00 - 7:45pm Teen Learn to Swim
8:00-9:00pm 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
10:50-11:50am Aqua Recovery
12:00-1:00pm Lane Swim
1:05-2:00pm Lane Swim/Swim with Joanie
4:00 - 6:45pm Learn to Swim (Registered Program)
7:00-7:45pm Aqua Fit
8:00-9:00pm Lane Swim

Registration Required

Please visit our
website to sign up
capebreton.ymca.ca



A vertical photograph of a swimmer in a pool. The swimmer is wearing a purple patterned swimsuit, black swim goggles, and a white wristband. They are floating on their back with one arm extended upwards. The pool has blue lane lines and yellow and blue buoys. In the background, there are blue and yellow pennant flags hanging from the ceiling.

FALL 2024 SCHEDULE

September 16th - December 21st

Aquatics

THURSDAY

10:00-10:45am Play Pals Pool Time (5 years and under)
11:00am - 12:00pm Lane Swim
12:00-1:00pm Lane Swim
1:10-2:00pm Aqua Therapy (Registered Program)
4:00 - 7:00pm Learn to Swim (Registered Program)
7:05 - 8:05pm Family Swim (Month of Sept only)
8:15-9:15pm Lane Swim

FRIDAY

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
10:50-11:50am Aqua Recovery
12:00-1:00pm Lane Swim
1:05-2:00pm Lane Swim/ Swim with Joanie
6:15-7:15pm Family Open Swim
7:20pm - 8:15pm Junior Guards (Registered Program)
8:15pm - 9:00pm Lifesaving Sport (Registered Program)

SATURDAY

8:15-9:15am Lane Swim
9:30-2:00pm Learn to Swim (Registered Program)
2:15-3:00pm Awesome Swim (Autism Ability Swim
Registered Program)
3:15-4:15pm Family Open Swim
4:30-5:30pm Family Open Swim
6:00-7:00pm Pool Rental Time

SUNDAY

8:15-9:15am Lane Swim
9:30-2:00pm Learn to Swim (Registered Program)
2:15-3:00pm Awesome Swim (Autism Ability Swim
Registered Program)
3:15-4:15pm Family Open Swim
4:30-5:30pm Family Open Swim
6:00-7:00pm Pool Rental Time

Registration Required

Please visit our
website to sign up
capebreton.ymca.ca

