

WINTER 2025 SCHEDULE

Starting January 5th

Aquatics

MONDAY

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

TUESDAY

6:30am - 7:45am Dorados with 2 lanes
8:00am - 8:45am Open Swim with 2 Lanes
8:45am to 9:45am Aqua Fitness
10:00am to 10:45am Pool time Play Pals (5yrs and under)
10:50am to 11:50am Deep water Aqua Fitness with Debbie
12:00pm to 1:00pm Lane Swim
1:10pm to 2:00pm Aqua Therapy(Registered Program)
4:10pm to 6:50pm Learn to Swim (Registered Program & Private Lessons)
6:50pm to 7:50pm Special Olympics
8:00pm to 9:00pm Lane Swim

WEDNESDAY

6:20am to 7:20am Lane Swim
7:30am to 8:30am Aqua Fitness
8:45am to 9:55am Open Swim
10:00 am to 10:45am Aqua Recovery
10:50am - 11:35am - Swim To Survive (Private Program)
12:00pm to 1:00pm Lane Swim
12:00pm to 1:00pm Swim
1:05pm to 2:00pm Lane Swim with Joanie (One on One instruction with Joanie Cunningham)
4:10pm to 6:45pm Learn to Swim (Registered Program)
7:00pm to 8pm Aqua Fit
8:15pm to 9:15pm Lane Swim

Registration Required

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



WINTER 2025 SCHEDULE

Starting January 5th

Aquatics

THURSDAY

- 6:45am - 7:45am Dorados with 2 lanes
- 8:00am - 8:45am Open Swim with 2 Lanes
- 8:45am to 9:45am Aqua Fitness
- 10:00am to 10:45am Pool time Play Pals (5yrs and under)
- 11:00am to 11:55am Lane Swim
- 12:00pm to 1:00pm Lane Swim
- 1:10pm to 2:00pm Aqua Therapy (Registered Program)
- 4:10pm to 7:20pm Learn to Swim (Registered Program & Private Lessons)
- 7:30pm to 8:15pm Teen Learn to Swim
- 8:30pm to 9:30pm Lane Swim

FRIDAY

- 6:20am to 7:20am Lane Swim
- 7:30am to 8:30am Aqua Fitness
- 8:30am to 9:30am Open Swim
- 10:00am to 10:45am Adult Leisure Swim/2 Lanes
- 10:50am to 11:50am Aqua Recovery (Registered Program)
- 12:00pm to 1:00pm Lane Swim
- 12:00pm to 1:00pm Swim
- 1:05pm to 2:00pm Lane Swim with Joanie (One on One instruction with Joanie Cunningham)
- 4:00pm - 6:00pm NADACA
- 6:15pm to 7:15pm Family Open Swim
- 7:20pm to 8:15pm Junior Guard (Registered Program)
- 8:15pm to 9:00pm Lifesaving Sport (Registered Program)

SATURDAY

- 8:15am to 9:15am Lane Swim
- 9:30am to 2:00pm Learn to Swim (Registered Program & Private Swim lessons)
- 2:15pm to 3:00pm Autism Swim-ability - Learn to Swim
- 3:15pm to 4:15pm Family Open Swim
- 4:30pm to 5:30pm Family Open Swim

SUNDAY

- 8:30am to 9:30am Lane Swim
- 9:45am to 10:40am Aqua Fitness
- 10:45am - 12:25pm Learn to Swim (Registered Program & Private Swim lessons)
- 12:45pm to 1:30pm Adult Learn to Swim
- 1:45pm - 2:45pm Birthday Party Rental
- 3:00pm - 4:00pm Family Open Swim
- 5:30pm - 6:30pm Family Open Swim
- 6:45pm - 7:45pm Lane Swim

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