

Aquatics Schedule

June 21 - July 4

Sunday June 21st

8:30am to 9:30am Lane Swim
9:45am to 10:40am Aqua Fitness
10:45am -11:45am Adult Open Swim
12:00pm - 1:00pm Lane Swim
1:45pm - 2:45pm Birthday Party Rental
3:00pm - 4:00pm Family Open Swim
4:15pm - 5:15pm Family Open Swim
5:30pm - 6:30pm Aqua Fitness
6:45pm - 7:45pm Lane Swim

Monday June 22nd

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
1:05pm to 2:00pm Lane Swim
1:05pm to 2:00pm Lane Swim with Joanie (One on One instruction with Joanie Cunningham)
5:30pm to 6:30pm Family Swim
6:45 pm to 7:45pm Aqua Fit
8:00pm to 9:00pm Lane Swim

Tuesday June 23rd

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)
5:30pm to 6:40pm Family Swim
6:50pm to 7:50pm Special Olympics
8:00pm to 9:00pm Lane Swim

Wednesday June 24th

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 Adult Open Swim
10:50am - 11:35am - Aqua Recovery
12:00pm to 1:00pm Lane Swim
1:05pm to 2:00pm Lane Swim

Wednesday June 24th cont.

1:05pm to 2:00pm Lane Swim with Joanie (One on One instruction with Joanie Cunningham)
5:30pm to 6:30pm Family Swim
6:45 pm to 7:45pm Aqua Fit
8:00pm to 9:00pm Lane Swim

Thursday June 25th

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)
5:30pm to 7:15pm Family Swim
7:30pm to 8:30pm Lane Swim

Friday June 26th

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
1:05pm to 2:00pm Lane Swim
1:05pm to 2:00pm Lane Swim with Joanie (One on One instruction with Joanie Cunningham)
5:30pm to 6:30pm Family Open Swim
6:45pm to 7:45pm Family Open Swim

Saturday June 27th

8:15am to 9:15am Lane Swim
9:30am - 10:30am Adult Open Swim
10:45am - 11:45am Lane Swim
12:00pm - 1:00pm Family Swim
3:15pm to 4:15pm Family Open Swim
4:30pm to 5:30pm Family Open Swim

Sunday June 28th

8:30am to 9:30am Lane Swim
9:45am to 10:40am Aqua Fitness
10:45am – 11:45am Adult Open Swim
12:00pm – 1:00pm Lane Swim
1:45pm – 2:45pm Birthday Party Rental
3:00pm – 4:00pm Family Open Swim
4:15pm – 5:15pm Family Open Swim
5:30pm – 6:30pm Aqua Fitness
6:45pm – 7:45pm Lane Swim

Monday June 29th

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
1:15pm to 3:15pm Day Camp
5:30pm to 6:30pm Family Swim
6:45 pm to 7:45pm Aqua Fit
8:00pm to 9:00pm Lane Swim

Tuesday June 30th

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 Aqua fitness
12:00pm to 1:00pm Lane Swim
1:15pm to 3:15pm Day Camp
5:30pm to 6:40pm Family Swim
6:50pm to 7:50pm Family Open Swim
8:00pm to 9:00pm Lane Swim

Wednesday July 1st Holiday

8:15am to 9:15am Lane Swim
9:30am to 10:30am Open Swim
10:30am to 11:30am Adult Leisure Swim
12:00pm to 1:00pm Lane Swim
1:15pm to 3:15pm Day Camp
5:00pm to 6:30pm Family Swim
6:45pm to 7:45p Lane Swim

Thursday July 2nd

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
1:15pm to 3:15pm Day Camp
5:30pm to 7:15pm Family Swim
7:30pm to 8:30pm Lane Swim

Friday July 3rd

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
1:05pm to 2:00pm Lane Swim

Saturday July 4th

8:15am to 9:15am Lane Swim
9:30am to 10:30am Adult Open Swim
10:45am to 11:45am Lane Swim
12:00pm to 1:00pm Family Swim
1:15pm to 2:15pm Family Open Swim

**Please note that registration is required.
You can sign up by visiting capebreton.ymca.ca or scanning a QR code:**

