

Aquatics Summer Schedule July 6th - August 23rd



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00								
6:15								
6:30	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim			
6:45								
7:00								
7:15								
7:30	Aquafit	Open Swim/2 lanes	Aquafit	Open Swim/2 lanes	Aquafit			
7:45								
8:00								
8:15	Open Swim /2 lanes	Aquafit	Open Swim	Aquafit	Open Swim/2 lanes			
8:30								
8:45								
9:00						Lane Swim	Lane Swim	
9:15								
9:30								
9:45								
10:00	Adult Open Swim	Family Play Pal	Adult Open Swim	Family Play Pal	Adult Open Swim/2 lanes	Adult Open Swim	Aqua Fitness	
10:15								
10:30								
10:45								
11:00	Lane Swim	Aqua Recovery	Lane Swim	Aqua Recovery	Family Swim	Open Swim/2 lanes	Adult Open Swim	
11:15								
11:30								
11:45								
12:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Family Swim	Lane swim	Family Swim	
12:15								
12:30								
12:45								
1:00						Family Swim	Pool Rental	
1:15	Day Camp	Day Camp	Day Camp	Day Camp				
1:30								
1:45								
2:00								
2:15								
2:30								
2:45								
3:00								
3:15								
3:30								
3:45								
4:00		Summer Lessons (Start July 7th)		Summer Lessons				
4:15								
4:30								
4:45								
5:00								
5:15	Family Swim	Summer Lessons (Start July 7th)	Family Swim	Summer Lessons	Family Swim			
5:30								
5:45								
6:00								
6:15								
6:30	Aquafit	Private Rental	Aquafit	Family Swim	Family Swim			
6:45								
7:00								
7:15								
7:30								
7:45	Lane Swim	Open Swim/2 Lane Swim	Lane Swim	Lane Swim	Lane Swim			
8:00								
8:15								
8:30								
8:45								
9:00								

Prior registration required. Please sign up at capebreton.ymca.ca or scan the QR code:

