

Aquatics Schedule

September 6th – December 19th

Sunday

8:15am - 9:15 am Lane Swim
9:30am - 10:30am Aqua Fitness
10:45am - 12:35pm Swim Lessons
Start date Sept 6th
12:45pm - 1:30pm Adult Learn to 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 Private rental
NSHA/CC

Monday

6:15am - 7:15am Lane Swim
7:30am - 8:30am Aqua Fitness
8:35am - 9:30am Open Swim
9:45am - 10:45am Adult Leisure Swim/ 2 Lanes
10:50am - 11:50am Aqua Recovery
12:00pm - 1:00pm: Lane Swim
1:05pm - 2:05pm Afternoon Lane Swim
1:05pm - 2:05pm: Lane Swim/ Joanie
4:00pm - 7:00pm Learn to Swim
Start date Sept 14th
7:00pm - 8:00 pm Aqua Fit
8:15pm - 9:15pm Lane Swim

Tuesday

6:30am - 7:30am Dorados/2 Lanes
7:45am - 8:45am Open Swim/2 Lanes
8:45am - 9:45am Aqua Fitness
10:00am - 10:45am Play Pals Pool Time (5 years and under)
10:50am - 11:50am Aqua Mix with Debra
12:00pm - 1:00pm Lane Swim
1:15pm - 2:15pm Aqua Therapy
4:00pm - 6:50pm Learn to Swim
Start date Sept 8th
7:00pm - 8:00pm Special Olympics
8:15pm - 9:15pm Lane Swim

Wednesday

6:15am - 7:15 am Lane Swim
7:30am - 8:30am Aqua Fitness Classes
8:35am - 9:30am Open Swim/ 2 Lanes
9:45am - 10:45am Adult Leisure Swim/ 2 Lanes
10:50am - 11:50am Aqua Fit
12:00pm - 1:00pm: Lane Swim
1:05pm - 2:05pm: Lane
4:00pm - 7:00pm Learn to Swim
Start date Sept 9th
7:00pm - 8:00 pm Aqua Fit
8:15pm - 9:15pm Lane Swim

Thursday

6:30am – 7:30am Dorados/2 Lanes
7:45am – 8:45am Open Swim/2 Lanes
8:45am – 9:45am Aqua Fitness
10:00am – 10:45am Play Pals Pool Time (5 years and under)
11:00am – 12:00pm Lane Swim
12:05pm – 1:05pm Lane Swim
1:15pm – 2:15pm Aqua Therapy (Registered Program)
4:00pm – 7:00pm Learn to Swim
Start date Sept 10th
7:00pm – 8:00pm Family Swim
8:15pm – 9:15pm Lane Swim

Friday

6:15am – 7:15am Lane Swim
7:30am – 8:30am Aqua Fitness
8:35am – 9:30am Open Swim
9:45am – 10:45am Adult Leisure Swim/ 2 Lanes
10:50am – 11:50am Aqua Recovery
12:00pm – 1:00pm Lane Swim
1:05pm – 2:05pm Lane Swim
1:05pm – 2:05pm Lane Swim /Joanie
6:15pm – 7:15pm Family Open Swim
7:15pm – 9:00pm Junior Guards

Saturday

8:15am- 9:15am Lane Swim
9:30am – 2:00pm Learn to Swim
Start date Sept 12th
2:10pm – 2:50pm Awesome Swim (Autism Ability Swim)
3:00pm – 4:00pm Family Open Swim
4:15pm – 5:15pm Pool Rental Time
5:30pm – 6:30pm Family Open Swim

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

