

Aquatics Schedule July 9th-August 5th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	LANE SWIM 6:00-8:00 BOTH POOLS (20M 6FT) 8:00-9:00 ONE LANE 20M DEEP WATER AQUAFIT 8:00 - 9:00 TWO LANES 20M	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	LANE SWIM 6:00-8:00 BOTH POOLS (20M 6FT) 8:00-9:00 ONE LANE 20M DEEP WATER AQUAFIT 8:00-9:00 TWO LANES 20 M AGELESS AQUASIZE 8:00-9:00 10M	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	
LANE SWIM 9:00-11:00 BOTH POOLS (20M 6FT)	LESSONS 9-12 BOTH POOLS	LESSONS 9-12 BOTH POOLS	LESSONS 9-12 BOTH POOLS	LESSONS 9-12 BOTH POOLS	LESSONS 9-12 BOTH POOLS	LANE SWIM 8:00-9:25 BOTH POOLS (20M 6FT)
AQUAFIT 11:00-11:55 WITH ADRIAN						
LANE SWIM 11:00-11:55 10 M POOL	LANE SWIM 11:30-12:55 20 M	LANE SWIM 11:30-12:55 20M 12:00-12:55 10 M	LANE SWIM 11:30-12:55 20 M	LANE SWIM 11:30-12:55 20M 12:00-12:55 10 M	LANE SWIM 11:30-12:55 20 M	FAMILY SWIM 9:30-6:50 BOTH POOLS
FAMILY SWIM 12:00-6:50 BOTH POOLS	FAMILY SWIM 12:00-12:55 10 M		FAMILY SWIM 12:00-12:55 10 M		FAMILY SWIM 12:00-12:55 10 M	
	DAY CAMP 1:00-2:30 BOTH POOLS	DAY CAMP 1:00-2:30 BOTH POOLS	DAY CAMP 1:00-2:30 BOTH POOLS		DAY CAMP 1:00-2:30 BOTH POOLS	
	AGELESS AQUACIZE 2:40-3:40 10M POOL	FAMILY SWIM 2:30-4:15 BOTH POOLS	AGELESS AQUACIZE 2:40-3:40 10M POOL		AGELESS AQUACIZE 2:40-3:40 10M POOL	
	LANE SWIM 2:30-3:40 20 M		LANE SWIM 2:30-3:40 20 M		LANE SWIM 2:30-3:40 20 M	
	FAMILY SWIM 4:00-8:00 BOTH POOLS	LESSONS 4:30-7:45 BOTH POOLS	FAMILY SWIM 3:45-5:20PM	LESSONS 4:30-7:45 BOTH POOLS	FAMILY SWIM 3:45-9:30 BOTH POOLS	
CHILDREN 6 YEARS OF AGE AND UNDER MUST BE WITHIN ARMS REACH OF AN ADULT AT LEAST 16 YEARS OF AGE			DEEP WATER AQUASIZE 5:25-6:25PM 20M LANE SWIM 10 M			
	FAMILY SWIM 8:00-9:30PM 10M LANE SWIM 8:00-9:30PM 20 M	FAMILY SWIM 7:45-9:30 BOTH POOLS	FAMILY SWIM 6:30-9:30 BOTH POOLS	FAMILY SWIM 7:45-9:30 10 M LANE SWIM 7:45-9:30 20M		

Northwest YMCA: Aquatics Schedule

Please check the
YMCA of Regina
App for the most up
to date schedule



Summer Session July 4th-August 18th

Annual Shutdown for pool area September 3rd-23rd