



# Aquatic Schedule March 31st—April 28th

## Northwest YMCA: Aquatics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE: POOL AREA WILL BE CLOSED SUNDAY APRIL 8TH FROM 12-4PM FOR STAFF TRAINING. WE APPRECIATE YOUR PATIENCE	<b>LANE SWIM</b> 6:00-8:55 BOTH POOLS (20M 6FT)	<b>LANE SWIM</b> 6:00-8:55 BOTH POOLS (20M 6FT)	<b>LANE SWIM</b> 6:00-8:55 BOTH POOLS (20M 6FT)	<b>LANE SWIM</b> 6:00-11:30 20M (20M 6FT) 6:00-8:55 10M	<b>LANE SWIM</b> 6:00-9:55 BOTH POOLS (20M 6FT)	
		<b>DEEP WATER AQUAFIT</b> 8:00-9:00 2 LANES LANE 20 M		<b>DEEP WATER AQUAFIT</b> 8:00-9:00 2 LANES LANE 20 M		
<b>LANE SWIM</b> 9:00-11:00 11:30-11:55 20 M (20M 6FT)	<b>LANE SWIM</b> 9:00-10:00 20M (6FT)	<b>LANE SWIM</b> 9:00-10:00 20M (6FT)	<b>LANE SWIM</b> 9:00-10:00 20M (6FT)	<b>FAMILY SWIM</b> 9:00-10:30 10M	<b>LANE SWIM</b> 9:00-10:00 20M (6FT)	<b>LANE SWIM</b> 8:00-9:25 BOTH POOLS (20M 6FT)
<b>AQUAFIT</b> 11:00-11:30 20M 11:30-11:55 10M WITH ADRIAN	<b>FAMILY SWIM</b> 9:00-12:55 10M	<b>FAMILY SWIM</b> 9:00-11:30 BOTH POOLS	<b>FAMILY SWIM</b> 9:00-12:55 10M	<b>BABY &amp; ME AQUA BOOTCAMP</b> 10:30-11:30 10M	<b>FAMILY SWIM</b> 9:00-12:55 10M	<b>FAMILY SWIM</b> 9:30-6:50 BOTH POOLS
<b>LANE SWIM</b> 11:00-11:30 10 M POOL	<b>LANE SWIM</b> 11:30-12:55 20 M	<b>LANE SWIM</b> 11:30-12:55 BOTH POOLS 20M 6FT	<b>LANE SWIM</b> 11:30-12:15 20 M	<b>LANE SWIM</b> 11:30-12:55 BOTH POOLS 20M 6FT	<b>LANE SWIM</b> 11:30-12:55 20 M	
<b>FAMILY SWIM</b> 12:00-4:00 BOTH POOLS			<b>AQUA BOOT CAMP</b> 12:15-1:00pm 20m			
	<b>FAMILY SWIM</b> 1-2:30 BOTH POOLS	<b>FAMILY SWIM</b> 1:00-4:15 BOTH POOLS	<b>FAMILY SWIM</b> 1:00-4:15 BOTH POOLS	<b>FAMILY SWIM</b> 1:00-4:15 BOTH POOLS		
	<b>GENTLE AQUAFIT</b> 2:40-3:40 10M POOL				<b>FAMILY SWIM</b> 2:30-3:40 20 M	
	<b>LANE SWIM</b> 2:30-3:40 20 M	<b>LESSONS</b> 4:30-7:30	<b>LANE SWIM</b> 2:30-3:40 20 M	<b>LANE SWIM</b> 2:30-3:40 20 M		
	<b>FAMILY SWIM</b> 3:45-8:00 BOTH POOLS				<b>FAMILY SWIM</b> 3:45-5:20	
	CHILDREN 6 YEARS OF AGE AND UNDER MUST BE WITHIN ARMS REACH OF AN ADULT AT LEAST 16 YEARS OF AGE	<b>DEEP WATER AQUAFIT</b> 5:25-6:25 20M <b>LANE SWIM</b> 10 M	<b>FAMILY SWIM</b> 8:15-9:30 10M <b>LANE SWIM</b> 8:15-9:30 20 M			
		<b>FAMILY SWIM</b> 8:00-9:30 10M <b>LANE SWIM</b> 8:00-9:30 20 M		<b>FAMILY SWIM</b> 7:30-9:30 10 M 8:30-9:30 20 M	<b>FAMILY SWIM</b> 6:30-9:30 10M 8:00-9:30 20M	

Check our  
 YMCA Regina  
 APP for the  
 latest updates

Spring session April 3-26 and April 30th-June 25th

Please check the APP for statutory holiday hours