



Aquatic Schedule April 30th-June 30th, 2018

Northwest YMCA: Aquatics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT) DEEP WATER AQUAFIT 8:00-8:55 2 LANES LANE 20 M	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	LANE SWIM 6:00-11:30 20M(20M 6FT) 6:00-8:55 10M DEEP WATER AQUAFIT 8:00-9:00 2 LANES LANE 20 M	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	
LANE SWIM 9:00-11:00 11:30-11:55 20 M (20M 6FT)	LANE SWIM 9:00-10:00 20M	LESSONS 9:00-10:00 BOTH POOLS	LANE SWIM 9:00-10:00 20M	FAMILY SWIM 9-10:30 10 M	LANE SWIM 9:00-10:00 20M	LANE SWIM 8:00-9:25 BOTH POOLS (20M 6FT)
AQUAFIT 11:00-11:30 20M 11:30-11:55 10M WITH ADRIAN	FAMILY SWIM 9:00-12:55 10M	FAMILY SWIM 10:00-11:30 BOTH POOLS	FAMILY SWIM 9:00-12:55 10M	BABY & ME AQUA BOOTCAMP 10:30-11:30 10M	FAMILY SWIM 9:00-12:55 10M	LESSONS 9:30-2:00 BOTH POOLS
LANE SWIM 11:00-11:30 10 M POOL	LANE SWIM 11:30-12:55 20 M	LANE SWIM 11:30-12:55 BOTH POOLS 20M 6FT	LANE SWIM 11:30-12:10 20 M AQUA BOOT CAMP 12:15-1:00pm 20m	LANE SWIM 10:30-12:55 20M 6FT LANE SWIM 11:30-12:55 10 M	LANE SWIM 11:30-12:55 20 M	
LESSONS 12:00-4:00	FAMILY SWIM 1-2:30	FAMILY SWIM 1:00-3:45 BOTH POOLS	FAMILY SWIM 1-2:30	FAMILY SWIM 1:00-3:45 BOTH POOLS	FAMILY SWIM 1-2:30	WATER POLO 1:30-3:30 20M
	GENTLE AQUAFIT 2:40-3:40 10M POOL		GENTLE AQUAFIT 2:40-3:40 10M POOL		GENTLE AQUAFIT 2:40-3:40 10M POOL	GENTLE AQUAFIT 2:40-3:40 10M POOL
FAMILY SWIM 4:00-6:50 BOTH POOLS	LANE SWIM 2:30-3:40 20 M	LESSONS 4:00-7:30 BOTH POOLS	LANE SWIM 2:30-3:40 20 M	LESSONS 4:00-8:15 BOTH POOLS	LANE SWIM 2:30-3:40 20 M	FAMILY SWIM 3:30-6:50 BOTH POOLS
	LESSONS 4:00-8:00 BOTH POOLS		FAMILY SWIM 3:45-5:20		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 AQUAFIT 5:25-6:25 20M LANE SWIM 10 M			
	FAMILY SWIM 8:00-9:30 10M LANE SWIM 8:00-9:30 20 M	FAMILY SWIM 7:30-9:30 10 M 8:30-9:30 20 M	FAMILY SWIM 6:30-9:30 10M 8:00-9:30 20M	FAMILY SWIM 8:15-9:30 10M LANE SWIM 8:15-9:30 20 M		

Spring Session April 30th-June 25th

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YMCA Regina
APP for the
latest updates