



Aquatic Schedule July 8th-August 4th, 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 7:45-8:45 TWO LANES 20M	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT) DEEP WATER AQUAFIT 7:45-8:55 TWO LANES 20M	LANE SWIM 6:00-8:55 BOTH POOLS (20M 6FT)	
LANE SWIM 9:00-11:00 11:30-11:55 20 M (20M 6FT) AQUAFIT 11:00-11:30 20M 11:30-11:55 10M WITH ADRIAN	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)
LANE SWIM 11:00-11:30 10 M POOL	LANE SWIM 11:30-12:55 20 M	LANE SWIM 11:30-12:55 20M 11:45-12:55 10 M	LANE SWIM 11:30-12:55 20 M	LANE SWIM 11:30-12:55 20M 11:45-12:55 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 11:45-12:55 10 M		FAMILY SWIM 12:00-12:55 10 M		FAMILY SWIM 11:45-12:55 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	
	GENTLE AQUAFIT 2:40-3:40 10M POOL	FAMILY SWIM 2:30-4:15 BOTH POOLS	GENTLE AQUAFIT 2:40-3:40 10M POOL		GENTLE AQUAFIT 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 4:30-7:30 BOTH POOLS		LESSONS 4:30-7:30 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	FAMILY SWIM 8:00-9:30PM 10M LANE SWIM 8:00-9:30PM 20 M	FAMILY SWIM 7:30-9:30 BOTH POOLS	FAMILY SWIM 3:45-9:30 BOTH POOLS	FAMILY SWIM 7:30-9:30 10 M LANE SWIM 7:30-9:30 20M		

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

NW Summer Session July 3rd-August 10th

Annual Shutdown for pool area August 26-September 29th