



Aquatic Schedule November 25th-December 18th

Northwest YMCA: Aquatics Schedule

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

This schedule is subject to change without notice. Check our YMCA Regina APP for the latest updates