



# Aquatic Schedule Sunday, October 14th-November 17th

## Northwest YMCA: Aquatics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>LANE SWIM</b> 6:00 –7:45 (20M 6FT) 7:45-8:45 (20M 1 LANE) <b>LANE SWIM</b> 6:00-8:55 (10 M) <b>DEEP WATER AQUAFIT</b> 7:45-8:45 2 LANES LANE 20 M		<b>LANE SWIM</b> 6:00 –10:00 (20M 6FT) <b>*7:45-8:45*</b> (20M 1 LANE) <b>LANE SWIM</b> 6:00-8:55 <b>DEEP WATER AQUAFIT</b> 7:45-8:45 2 LANES LANE 20 M		
<b>LANE SWIM</b> 9:00-11:00 11:30-11:55 20 M (20M 6FT)	<b>FAMILY SWIM</b> 9-11:30 BOTH POOLS	<b>LESSONS</b> 9:00-10:00 BOTH POOLS	<b>FAMILY SWIM</b> 9-11:15 BOTH POOLS	<b>BABY &amp; ME AQUA BOOTCAMP</b> 9:00-10:00 (10 M)	<b>FAMILY SWIM</b> 9-10:25 BOTH POOLS	<b>LANE SWIM</b> 8:00-9:30 BOTH POOLS
<b>AQUAFIT</b> 11:00-11:30 20M 11:30-11:55 10M WITH ADRIAN	<b>FAMILY SWIM</b> 11:30-12:55 10M	<b>FAMILY SWIM</b> 10:00-11:30 BOTH POOLS	<b>FAMILY SWIM</b> 11:15-12:55 10M	<b>FAMILY SWIM</b> 10:00-11:30 BOTH POOLS	<b>LESSONS</b> 10:30-11:30 BOTH POOLS	<b>LESSONS</b> 9:30-1:30 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>AQUA BOOT CAMP</b> 11:15-12 20m <b>LANE SWIM</b> 12-12:55 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> 11:30-12:55 10M	
<b>LESSONS</b> 12:00-4:00 BOTH POOLS	<b>FAMILY SWIM</b> 1-2:30	<b>FAMILY SWIM</b> 1:00-3:45 BOTH POOLS	<b>FAMILY SWIM</b> 1-2:30	<b>FAMILY SWIM</b> 1:00-2:30 BOTH POOLS	<b>FAMILY SWIM</b> 1-2:30	
	<b>GENTLE AQUAFIT</b> 2:40-3:40 10M POOL		<b>GENTLE AQUAFIT</b> 2:40-3:40 10M POOL		<b>GENTLE AQUAFIT</b> 2:40-3:40 10M POOL	
<b>FAMILY SWIM</b> 4:00-6:50 BOTH POOLS	<b>LANE SWIM</b> 2:30-3:40 20 M <b>LESSONS</b> 4:00-8:30 BOTH POOLS	<b>LESSONS</b> 4:00-7:30 BOTH POOLS	<b>LANE SWIM</b> 2:30-3:40 20 M <b>FAMILY SWIM</b> 3:45-5:20 <b>DEEP WATER AQUAFIT</b> 5:25-6:25 20M <b>LANE SWIM</b> 10 M	<b>LESSONS</b> 4:00-8:15 BOTH POOLS	<b>LANE SWIM</b> 2:30-3:40 20 M <b>FAMILY SWIM</b> 3:45-9:30 BOTH POOLS	<b>FAMILY SWIM</b> 1:30-3:30 10M ONLY <b>WATER POLO</b> 1:30-3:30 20M <b>FAMILY SWIM</b> 3:30—6:50 BOTH POOLS
<b>CHILDREN 6 YEARS OF AGE AND UNDER MUST BE WITHIN ARMS REACH OF AN ADULT AT LEAST 16 YEARS OF AGE</b>	<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	<b>FAMILY SWIM</b> 8:15-9:30 10 M <b>LANE SWIM</b> 8:15-9:30 20M		

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