



# Aquatic Schedule January 7th-February 14th, 2019

## Northwest YMCA: Aquatics Schedule

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

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