

# Peter Gilgan Family YMCA Program Schedule

Effective January 8, 2024

### **FACILITY HOURS**

Monday - Friday: 6 am to 10 pm Saturday: 7 am to 7 pm Sunday: 8 am to 6 pm Holidays: 8 am to 4 pm

### **POOL HOURS**

Monday/Wednesday/Friday: 6:30 am to 9 pm Tuesday/Thursday: 7:15 am to 9 pm Saturday/Sunday: 8 am to 4 pm SI = Sign In (Parents must sign children under 10 in and out)

SU = Sign Up (My Wellness App or website)

RP = Registered Program (Register online, additional fee \$)

DI = Drop In (Anyone over age 10 can attend)

	Leisure Pool	Main Pool						
		20 m	23 m	25 m	25 m	25 m		
6:00 AM								
6:30 AM				'				
7:00 AM								
7:30 AM			Lane Swim					
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM				AquaFit				
10:00 AM				1				
10:30 AM				Lane Swim				
11:00 AM				1				
11:30 AM				Lane Swim				
12:00 PM	Family			1				
12:30 PM	Swim			Lane Swim				
01:00 PM								
01:30 PM		Lane Swim						
02:00 PM				Lane Swim				
02:30 PM								
03:00 PM			(	losed for Renta	I			
03:30 PM								
04:00 PM								
04:30 PM	Swim Lessons			Swim Lessons				
05:00 PM	Swim			Swim Lessons				
05:30 PM	Lessons			24IIII F6220II2				
06:00 PM	Swim			Swim Lessons				
06:30 PM	Lessons			AMIIII FESSOIIS				
07:00 PM	Family			Swim Lessons				
07:30 PM	Swim							
08:00 PM				Lane Swim				
08:30 PM								
09:00 PM								
09:30 PM								
10:00 PM								

TUESD	AY										
	Leisure Pool	Main Pool									
		20 m	2	3 m	25 m	25 m	25 m				
7:15 AM											
7:30 AM		Lane Swim									
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM			AquaFit								
10:00 AM		Lane Swim									
10:30 AM											
11:00 AM	Family										
11:30 AM	Swim			Lane Swim							
12:00 PM		Lane Swim									
12:30 PM											
01:00 PM		Lane Swim									
01:30 PM				Lane	Swim						
02:00 PM											
02:30 PM				Lane	Swim						
03:00 PM											
03:30 PM				Lane	Swim						
04:00 PM	Family										
04:30 PM	Swim										
05:00 PM	Family			Lane		Lar	Lane				
05:30 PM	Swim	pt r	elesson	Swim	Swim I	Lessons	Swim				
06:00 PM	Family		e lesson kings								
06:30 PM	Swim										
07:00 PM	Family				Aau	ıaFit					
07:30 PM	Swim										
08:00 PM											
08:30 PM				Lane	Swim						
09:00 PM											
09:30 PM											
10:00 PM											



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	Leisure	Main Pool           20 m         23 m         25 m         25 m         25 m							
	Pool								
6:00 AM		20 111	23 111	25 111	25 111	25 m			
6:30 AM									
7:00 AM									
7:30 AM			Lane Swim						
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM				AquaFit					
10:00 AM									
10:30 AM				Lane Swim					
11:00 AM				_					
11:30 AM				Lane Swim					
12:00 PM	Family								
12:30 PM	Swim			Lane Swim					
01:00 PM		AquaFit							
01:30 PM									
02:00 PM				1C :					
02:30 PM				Lane Swim					
03:00 PM				Lana Ci.					
03:30 PM				Lane Swim					
04:00 PM	Swim			Curim Loccens					
04:30 PM	Lessons			Swim Lessons					
05:00 PM	Swim			Swim Lessons					
05:30 PM	Lessons			OMIIII FESSOUS					
06:00 PM	Swim			Swim Lessons					
06:30 PM	Lessons			24IIII F6220II2					
07:00 PM	Family			Swim Lessons					
07:30 PM	Swim								
08:00 PM				Lane Swim					
08:30 PM									
09:00 PM									
09:30 PM									
10:00 PM									

THURSDAY										
	Leisure Pool		Main Pool							
		20 m	23	3 m	25 m	25 m	25 m			
7:15 AM										
7:30 AM		Lane Swim								
8:00 AM										
8:30 AM										
9:00 AM			AquaFit							
9:30 AM										
10:00 AM					c					
10:30 AM			Lane Swim							
11:00 AM		lane Code								
11:30 AM			Lane Swim							
12:00 PM		lane Code								
12:30 PM			Lane Swim							
01:00 PM			Lane Swim							
01:30 PM				Lane						
02:00 PM				Lane	Swim					
02:30 PM				Lane	JWIIII					
03:00 PM				lane	Swim					
03:30 PM				Lane	JWIIII					
04:00 PM	Family									
04:30 PM	Swim									
05:00 PM	Family		elesson	Lane	Swim I	.essons				
05:30 PM	Swim	bool	kings	Swim			Lane			
06:00 PM	Family						Swim			
06:30 PM	Swim									
07:00 PM	Family			Lane Swim						
07:30 PM	Swim									
08:00 PM				Adult I	essons					
08:30 PM					1					
09:00 PM										
09:30 PM										
10:00 PM										



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	Leisure Pool	Main Pool							
	1 001	20 m	23 m	25 m	25 m	25 m			
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM			Lane Swim						
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM				AquaFit					
10:00 AM									
10:30 AM			Lane Swim						
11:00 AM				Lama Curina					
11:30 AM				Lane Swim					
12:00 PM	Family Swim	Lane Swim							
12:30 PM	SWIM								
01:00 PM			lana Contro						
01:30 PM			Lane Swim						
02:00 PM				Lane Swim					
02:30 PM				Lane Swiiii					
03:00 PM				Lane Swim					
03:30 PM				Lane Swiiii					
04:00 PM	Swim			Swim Lessons					
04:30 PM	Lessons			OMIIII FESSOUS					
05:00 PM	Swim			Swim Lessons					
05:30 PM	Lessons			Amin respons					
06:00 PM	Swim			Swim Lessons					
06:30 PM	Lessons			Amin ressons					
07:00 PM	Family		Swim I	.essons/ Adult L	essons				
07:30 PM	Swim								
08:00 PM				Lane Swim					
08:30 PM									
09:00 PM									
09:30 PM									
10:00 PM									

SATUR	DAY								
	Leisure Pool		Main Pool						
		20 m	23 m	25 m	25 m	25 m			
8:00 AM		AquaZumba							
8:30 AM				Aquazuiiiba					
9:00 AM	Swim								
9:30 AM	Lessons	Swim Lessons							
10:00 AM	Swim	Swim Lessons							
10:30 AM	Lessons	SWIII LESSONS							
11:00 AM	Swim	Swim Lessons							
11:30 AM	Lessons		Swim Lessons						
12:00 PM	Family			Swim Lessons					
12:30 PM	Swim			JWIIII EC330II3					
01:00 PM									
01:30 PM	Family Swim	Privata lass	Lane Swim						
02:00 PM	Family	1 Trvate less	Private lesson bookings  Lane Swim						
02:30 PM	Swim								
03:00 PM			Lane Swim						
03:30 PM					Lane Swill				
07:00 PM									

	Leisure Pool		Main Pool						
		20 m	23 m	25 m	25 m	25 m			
8:00 AM		Lane Swim							
8:30 AM				Lane Swiiii					
9:00 AM	Family				Lane Swim				
9:30 AM	Swim			Lane Swim					
10:00 AM	Family								
10:30 AM	Swim			Lane Swim					
11:00 AM	Family			Lane Swim  Lane Swim  Lane Swim					
11:30 AM	Swim	Drivato loca	on bookings						
12:00 PM	Family	Filvate less	on bookings						
12:30 PM	Swim								
01:00 PM	Family								
01:30 PM	Swim								
02:00 PM	Family								
02:30 PM	Swim				Lane Swill				
03:00 PM				Lane Swim					
03:30 PM				Lane Swill					
06:00 PM									