



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)

MONDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM		Lane Swim				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM	Family Swim					
11:00 AM		Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM		Lane Swim				
01:30 PM						
02:00 PM	Lane Swim					
02:30 PM						Closed for Rental
03:00 PM						
03:30 PM						
04:00 PM						
04:30 PM	Swim Lessons	Swim Lessons				
05:00 PM	Swim Lessons					
05:30 PM		Swim Lessons				
06:00 PM	Swim Lessons					
06:30 PM		Swim Lessons				
07:00 PM	Family Swim					
07:30 PM		Lane Swim				
08:00 PM						
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

TUESDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
7:15 AM		Lane Swim				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Family Swim	AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM						
11:00 AM		Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM		Lane Swim				
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
04:00 PM	Family Swim	Private lesson bookings	Lane Swim	Swim Lessons	Lane Swim	
04:30 PM	Family Swim					
05:00 PM						
05:30 PM						
06:00 PM	Family Swim					
06:30 PM	Family Swim					
07:00 PM						
07:30 PM						
08:00 PM		Lane Swim				
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						



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WEDNESDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM		Lane Swim				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM	Family Swim					
11:00 AM		Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM		AquaFit				
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
04:00 PM	Swim Lessons	Swim Lessons				
04:30 PM						
05:00 PM	Swim Lessons	Swim Lessons				
05:30 PM						
06:00 PM	Swim Lessons	Swim Lessons				
06:30 PM						
07:00 PM	Family Swim	Swim Lessons				
07:30 PM						
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 m	25 m	25 m	25 m
7:15 AM		Lane Swim				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM						
11:00 AM		Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM		Lane Swim				
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
04:00 PM	Family Swim	Private lesson bookings	Lane Swim	Swim Lessons	Lane Swim	
04:30 PM						
05:00 PM	Family Swim					
05:30 PM						
06:00 PM	Family Swim					
06:30 PM						
07:00 PM	Family Swim	Lane Swim				
07:30 PM						
08:00 PM		Adult Lessons				
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						



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FRIDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM						
7:00 AM		Lane Swim				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM	Family Swim					
11:00 AM		Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM		Lane Swim				
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
04:00 PM	Swim Lessons	Swim Lessons				
04:30 PM						
05:00 PM	Swim Lessons	Swim Lessons				
05:30 PM						
06:00 PM	Swim Lessons	Swim Lessons				
06:30 PM						
07:00 PM	Family Swim	Swim Lessons/ Adult Lessons				
07:30 PM						
08:00 PM		Lane Swim				
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

SATURDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
8:00 AM		AquaZumba				
8:30 AM						
9:00 AM	Swim Lessons	Swim Lessons				
9:30 AM						
10:00 AM	Swim Lessons	Swim Lessons				
10:30 AM						
11:00 AM	Swim Lessons	Swim Lessons				
11:30 AM						
12:00 PM	Family Swim	Swim Lessons				
12:30 PM						
01:00 PM	Family Swim	Private lesson bookings		Lane Swim		
01:30 PM						
02:00 PM	Family Swim			Lane Swim		
02:30 PM						
03:00 PM				Lane Swim		
03:30 PM						
07:00 PM						

SUNDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
8:00 AM		Lane Swim				
8:30 AM						
9:00 AM	Family Swim	Private lesson bookings			Lane Swim	
9:30 AM						
10:00 AM	Family Swim				Lane Swim	
10:30 AM						
11:00 AM	Family Swim				Lane Swim	
11:30 AM						
12:00 PM	Family Swim				Lane Swim	
12:30 PM						
01:00 PM	Family Swim				Lane Swim	
01:30 PM						
02:00 PM	Family Swim				Lane Swim	
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
06:00 PM						